**Together Fund Participant Evaluation Survey**

We hope you have enjoyed taking part in your activity. To help us understand how the activity was, we are keen to hear your feedback. Please note the feedback findings will be anonymised.

**The best feedback will be entered into a competition to win one of four £50 Amazon vouchers (opt-out optional).** The survey will take around 8 minutes.

*All survey responses you give will be uploaded and held on the Survey Monkey servers located in the US, which are fully GDPR compliant. London Sport will not share your details with any third parties. Your privacy is important to London Sport. For more information about how we use your personal data, please read our Privacy Statement.*

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| **1. Please tick ‘Yes’, to confirm you understand the above statement.**  **Yes** | | | |
| **The activity you took part in** | | | |
| **2. Please confirm the activity/activities you took part in.**  **E.g. Yoga, running, table tennis, dance etc.** |  | | |
| **3. What is the name of the organisation running your activity sessions?** |  | | |
| **About you**  **Your personal information is collected for research purposes only.** | | | |
| **4. Which of the following describes how you think of yourself?** | Male  Female  Prefer not to answer  In another way: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |
| **5. What is your age?** |  | | |
| **6. Which one of the following best describes your ethnic group or background?** | White English/Welsh/Scottish/Northern Irish/British  White Irish  White Gypsy or Irish Traveller  Mixed White and Black Caribbean  Mixed White and Black African  Mixed White and Asian  Asian or Asian British Indian  Asian or Asian British Pakistani  Asian or Asian British Bangladeshi  Asian or Asian British Chinese  Black or Black British Caribbean  Black or Black British Caribbean African  Arab  Prefer not to say  Any other ethnic group (specify):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |
| **7. Do you have any physical or mental health conditions or illnesses that have lasted or are expected to last 12 months or more?** | Yes  No  Prefer not to say | | |
| **8. Please state your full postcode.**  ***We ask for this to work out where our work reaches and where we need to work harder.*** |  | | |
| **Your activity levels** | | | |
| **9. How much physical activity did you do in the past week, that 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 is part of your job.*  Fewer than 30 minutes  Between 30 minutes and 2.5 hours  More than 2.5 hours | | |
| **10. As a result of taking part in this project, have you become more physically active (I.e. do you now exercise more frequently or intensively)?** | Yes  No  Not sure | | |
| **11. Do you plan to continue regular physical activity after the project?** | Yes  No | | |
| **12. Please explain why you answered Yes or No.**  **If ‘Yes’, please write what physical activity you plan to do?** |  | | |
| **The activity you took part in and its benefits** | | | |
| **13. How did you hear about the sessions?** | | | |
| **14. How likely would you be to recommend this project to a friend or colleague?**    0 1 2 3 4 5 6 7 8 9 10  Not at all likely Extremely likely  **15. And why is this the case?** | | | |
| **16. Did participating in the project have a positive effect on any of the following:** | | | |
| Your mental health | Yes | No | Not sure |
| Your physical health | Yes | No | Not sure |
| Your ability to make new friends | Yes | No | Not sure |
| Your connection to your local community | Yes | No | Not sure |
| Your ability to try new activities | Yes | No | Not sure |
| Your ability to be more active | Yes | No | Not sure |
| Your confidence to be more active | Yes | No | Not sure |
| **17. What further benefits, if any, have you experienced due to this project?** | | | |
| **Improvements** | | | |
| **18. Please state to what degree you agree with the below statements:**  **You enjoyed the project.**  Strongly agree Agree Neither agree or disagree Disagree Strongly disagree Not sure  **Due to taking part in the project, your physical wellbeing improved.**  Strongly agree Agree Neither agree or disagree Disagree Strongly disagree Not sure  **You were able to easily access the activities.**  ShapeStrongly agree ShapeAgree ShapeNeither agree or disagree ShapeDisagree ShapeStrongly disagree ShapeNot sure  **The instructor(s) that led the activity was/were supportive.**  ShapeStrongly agree ShapeAgree ShapeNeither agree or disagree ShapeDisagree ShapeStrongly disagree ShapeNot sure | | | |
| **19. How, if at all, do you think the project can be improved?** | | | |
| **20. Finally, is there anything else that you would like to tell us about your experience of the project?** | | | |
| Prize draw | | | |
| **21. Would you like to be added to the prize draw to win a £50 Amazon voucher?** | Shape*No*  Shape*Yes, please write email address:*  *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* | | |
| **22. Would you be interested in being re-contacted for a further interview to share your experiences of the programme?**  *Please note this has no impact in the Amazon prize draw.* | Shape No  Shape Yes, please state your email address or another contact detail:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |