

Rothsay Education Centre – Well Being Survey

Would you be kind enough to complete the following survey regarding your experience of attending The REC. The information you provide will help to inform the Centre's Business Plan and for funding applications. Please add any extra comments at the end of the questionnaire.

Thank you for your time. **All responses are anonymous.** Please return to the Office w/c 16th April 2018

About you:

Female Male Transgender

Age – Please tick box 50-55 56-60 61-65 66-70 71-75
 76-80 81-85 86-90 91-95 96-100

First part of post code e.g. MK40

How would you describe your ethnic origin? Information required for funding applications.

Asian or Asian British Black or Black British Mixed Asian/White
 Mixed Black/White Italian European - other
 White British White Irish Other – Please specify _____
 Prefer not to say _____

Do you have a disability, impairment or long-term medical condition?

Yes No Prefer not to say

Do you have a religious belief? No Yes – please see below

Buddhist Christian Hindu Jewish
 Muslim Sikh Other – please specify _____
 Prefer not to say

Do you live?

Alone With a partner or family Assisted living/resident warden

How long have you been attending The REC?

Up to 1 Year 1 – 5 Years 6 – 10 Years 11 – 20 Years 21+ Years

Q1. What was your reason(s) for first joining The REC?

Q2. What classes (physical and/or educational) have you attended since joining the REC? (Please list all that apply)

Q3. Thinking back to when you first joined the REC, where would you place yourself on the three areas below, where 1 represents low and 5 high? (Please circle)

- | | | | | | |
|--------------------------|---|---|---|---|---|
| a) Confidence/self-worth | 1 | 2 | 3 | 4 | 5 |
| b) Isolation/loneliness | 1 | 2 | 3 | 4 | 5 |
| c) Health & Wellbeing | 1 | 2 | 3 | 4 | 5 |

Q4. Where would you place yourself on the same three areas at this point in time?

- | | | | | | |
|--------------------------|---|---|---|---|---|
| a) Confidence/self-worth | 1 | 2 | 3 | 4 | 5 |
| b) Isolation/loneliness | 1 | 2 | 3 | 4 | 5 |
| c) Health & Wellbeing | 1 | 2 | 3 | 4 | 5 |

If there's *no* difference in your answer to questions 3 and 4 proceed straight to Q7. If there *is* a difference go to Q5.

Q5. If there's a difference in your answers to Q3 and Q4 which of the following has changed?

- | | |
|--|--------------------------|
| a) Your physical fitness | <input type="checkbox"/> |
| b) Your diet | <input type="checkbox"/> |
| c) Your mental activity | <input type="checkbox"/> |
| d) The new learning you have accumulated | <input type="checkbox"/> |
| e) Your stress levels | <input type="checkbox"/> |
| f) The amount of social engagement you enjoy | <input type="checkbox"/> |
| g) The degree to which you "think young" | <input type="checkbox"/> |

