

SLW Survey

Southampton Living Well Survey

Dear Southampton Resident,

Thank you very much for taking the time to participate in our confidential survey!

Social Care in Action and our partners at Age UK Southampton are committed to providing the best Older Persons' activities possible for the residents of Southampton as we emerge from lockdown and look forward to the future. Our mission is to help Older People live well and independently and we would love to hear your opinions on how we can best shape our services to support people to do just that.

Please leave us your contact details at the end of the survey if you would like to learn more about the activities you can get involved in around the city and as a thank you we will be happy to offer you a free trial!

Thanks once again for taking time to answer our questions and we look forward to hearing from you.

* 1. Please tick your age group:

 Under 64 76-80 65-70 81-90 71-75 91+

* 2. Please tell us your postcode

* 3. Do you have any carer support?

 Family Care agency Friend Not needed Volunteer Other (please specify)

* 4. On a scale of 0-5, how would you rate your physical fitness before Covid? 0 being poor and 5 being excellent

By physical fitness we mean state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.

- 1 - Very poor 2 - Poor 3 - Neutral 4 - Good
 5 - Very good

* 5. On a scale of 0-5, how would you rate your physical fitness now? 0 being poor and 5 being excellent

By physical fitness we mean state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.

- 1 - Very poor 2 - Poor 3 - Neutral 4 - Good
 5 - Very good

* 6. On a scale of 0-5 how would you rate your emotional health before Covid? 0 being poor and 5 being excellent

By emotional health we mean your ability to cope with both positive and negative emotions.

- 1 - Very poor 2 - Poor 3 - Neutral 4 - Good
 5 - Very good

* 7. On a scale of 0-5 how would you rate your emotional health now? 0 being poor and 5 being excellent

By emotional health we mean your ability to cope with both positive and negative emotions.

- 1 - Very poor 2 - Poor 3 - Neutral 4 - Good
 5 - Very good

* 8. On a scale of 0-5 how would you rate your confidence to re-engage with activities and services following the pandemic and being locked down? 0 being poor and 5 being excellent

By re-engage we mean are you confident to take part in or participate again.

- 1 - Very poor 2 - Poor 3 - Neutral 4 - Good
 5 - Very good

* 9. On a scale of 0-5 how would you rate your independence? 0 being poor and 5 being excellent

By independence we mean are you able to complete your activities of daily living and occupation with (0) or without support (5)

- 1 - Very poor 2 - Poor 3 - Neutral 4 - Good
 5 - Very good

* 10. On a scale of 0-5 how would you rate your confidence to socialise following the pandemic and lock down? 0 being poor and 5 being excellent

By socialise we mean meeting up with your friends, family and joining in with activities/services

- 1 - Very poor 2 - Poor 3 - Neutral 4 - Good
 5 - Very Good

11. Please tell us about any disabilities or medical conditions that you have?

* 12. Would you say you have any immediate or short term needs you would like support with?

By short term needs we mean can you achieve what you want to be able to achieve in the next month?

- Yes
 No

If yes, please state:

* 13. How do you currently access services such as appointments with a GP or social activities? (tick all that applies)

- In Person Using a laptop/computer
 Using the landline Using an iPad/Tablet
 Using a mobile phone

* 14. On a scale of 1 star to 5 stars how would you rate your confidence using technology and interacting on social media i.e. Facebook 1 being poor and 5 being excellent

- 1 - Very poor 2 - Poor 3 - Neutral 4 - Good
 5 - Very good

* 15. On a scale of 1 star - 5 stars how would you rate your confidence in accessing services over the internet? 1 being poor and 5 being excellent

- 1 - Very poor 2 - Poor 3 - Neutral 4 - Good
 5 - Very good

* 16. If you do use the internet, what do you use it for?

- Shopping
- Communicating with others via Social media or video calls
- Booking tickets
- Watching TV/Films
- Other (please specify)

* 17. Do you currently attend any of the following in your local community?

- Social Clubs
- Health and Fitness sessions
- Arts and Cultural Sessions
- Faith groups
- Creative groups
- If yes, where do you go and what do you do?

* 18. Are you confident in attending local activities in your community?

- Yes
- No

If not, why?

* 19. If required, what help and support would you need to access local activities in your community?

* 20. If you do not currently attend any groups/services/clubs in your community, what kind of activities would you be interested in joining? Tick ALL that apply

- | | | |
|---|--|--|
| <input type="checkbox"/> Walking | <input type="checkbox"/> Intergenerational Groups | <input type="checkbox"/> model making |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Languages | <input type="checkbox"/> Knitting |
| <input type="checkbox"/> Bowls | <input type="checkbox"/> Local history | <input type="checkbox"/> Sewing |
| <input type="checkbox"/> Table tennis | <input type="checkbox"/> World history | <input type="checkbox"/> Crochet |
| <input type="checkbox"/> Trampolining | <input type="checkbox"/> Genealogy | <input type="checkbox"/> Macrame |
| <input type="checkbox"/> Walking Football/Cricket | <input type="checkbox"/> Problem Solving | <input type="checkbox"/> Music |
| <input type="checkbox"/> Tai Chi | <input type="checkbox"/> Ecology | <input type="checkbox"/> Singing |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Politics | <input type="checkbox"/> Art Warecolours |
| <input type="checkbox"/> Chair exercises | <input type="checkbox"/> Nature | <input type="checkbox"/> Drawing |
| <input type="checkbox"/> Steady and Strong classes | <input type="checkbox"/> Book Clubs | <input type="checkbox"/> Card making |
| <input type="checkbox"/> Strength training | <input type="checkbox"/> Quizzes | <input type="checkbox"/> Scrapbooking |
| <input type="checkbox"/> Stretching | <input type="checkbox"/> Literature | <input type="checkbox"/> Creative Writing |
| <input type="checkbox"/> Zumba Gold | <input type="checkbox"/> Music | <input type="checkbox"/> Song Writing |
| <input type="checkbox"/> COPD/Breathing Sessions | <input type="checkbox"/> Philosophy | <input type="checkbox"/> Music composing |
| <input type="checkbox"/> Team Games | <input type="checkbox"/> Topical Issues/Subjects | <input type="checkbox"/> Origami |
| <input type="checkbox"/> Gardening/Allotment | <input type="checkbox"/> Media/Tech-living in the 2020's | <input type="checkbox"/> Photography |
| <input type="checkbox"/> Eating and Drinking well | <input type="checkbox"/> The Arts | <input type="checkbox"/> Embroidery |
| <input type="checkbox"/> Cooking for 1/batching cooking | <input type="checkbox"/> Train Spotting | <input type="checkbox"/> Cross Stitch |
| <input type="checkbox"/> Top tips for reading food labels | <input type="checkbox"/> Philately (Stamp collecting) | <input type="checkbox"/> Patchwork and Quilting |
| <input type="checkbox"/> Managing the household | <input type="checkbox"/> Board and card games | <input type="checkbox"/> Bereavement |
| <input type="checkbox"/> Managing the budget | <input type="checkbox"/> Cruise Ships | <input type="checkbox"/> Living with and managing COVID |
| <input type="checkbox"/> Real-life social networking | <input type="checkbox"/> Holidays/Destinations UK and aboard | <input type="checkbox"/> Health and Wellbeing focused Trips/Excursions |
| <input type="checkbox"/> Wellbeing of Dogs | <input type="checkbox"/> Faith Interest Groups | <input type="checkbox"/> Cultural trips and excursions |
| <input type="checkbox"/> Mindfulness | <input type="checkbox"/> Wood craft | <input type="checkbox"/> Creative trips and excursions |
| <input type="checkbox"/> Laughter Yoga | <input type="checkbox"/> Upcycling | |
| <input type="checkbox"/> WRAP - Wellness Recovery Action Plan | <input type="checkbox"/> Glass painting | |
| <input type="checkbox"/> Anything else not listed? | | |

21. In what type of environment would you feel comfortable accessing your chosen activities above? (tick all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Leisure Centre | <input type="checkbox"/> Libraries |
| <input type="checkbox"/> Cafe/Restaurant | <input type="checkbox"/> Home |
| <input type="checkbox"/> Hotel reception/lounge | <input type="checkbox"/> Open Spaces |
| <input type="checkbox"/> Pub | <input type="checkbox"/> Faith Centres |
| <input type="checkbox"/> Community Centres | |
| <input type="checkbox"/> Any other spaces? | |

* 22. Are you confident in using public transport to get around?

- Yes
 No

* 23. Are you confident in using your own vehicle to get around?

- Yes
 No

* 24. If you were to attend any of the activities you specified above, how far would/could you travel independently?

- | | |
|-------------------------------|------------------------------------|
| <input type="radio"/> 15 mins | <input type="radio"/> 1 hour |
| <input type="radio"/> 30 mins | <input type="radio"/> Over an hour |
| <input type="radio"/> 45 mins | |

* 25. If we provided low cost, Covid safe transport to take you and drop you off at our activities, would you take this up?

- Yes
 No

26. Where would you like the activities you identified above to be held? (please tick all that apply)

- East of Southampton (Bitterne/Thornhill/Sholing)
 West of Southampton (Lordshill/Millbrook)
 Central Southampton (Town)
 Out of Southampton (Totton/New Forest/Bursledon/Eastleigh/Romsey)

If out of Southampton, which area are you thinking?

* 27. If you were interested in our programme of activities, how many times a week would you likely attend?

- | | |
|---|--|
| <input type="checkbox"/> Week days only | <input type="checkbox"/> Four times a week |
| <input type="checkbox"/> Weekends only | <input type="checkbox"/> Five times a week |
| <input type="checkbox"/> Once a week | <input type="checkbox"/> Six times a week |
| <input type="checkbox"/> Twice a week | <input type="checkbox"/> All week |
| <input type="checkbox"/> Three times a week | |

* 28. What time of day would you like to attend any activities?

- | | |
|--|--|
| <input type="checkbox"/> Early Morning | <input type="checkbox"/> Late Afternoon/Tea Time |
| <input type="checkbox"/> Late morning from 10.30am | <input type="checkbox"/> Evening |
| <input type="checkbox"/> Lunchtime | <input type="checkbox"/> Late Evening |
| <input type="checkbox"/> Early Afternoon | |

29. Do you need assistance to book services/activities?

- Yes
 No

30. How would you/your carer normally book services/activities?

- | | |
|--|---|
| <input type="radio"/> In person | <input type="radio"/> Using a laptop/computer |
| <input type="radio"/> Using the landline | <input type="radio"/> Using an iPad/Tablet |
| <input type="radio"/> Using a mobile phone | |

* 31. How would you feel comfortable participating in activities/services? (please tick all that apply)

- In Person
 Using the landline
 Using a mobile phone
 Using a laptop/computer
 Using an iPad/Tablet

32. Would you welcome support from a volunteer-befriender to attend any of the activities you identified above?

- Yes
 No

33. Would you need any support or help to learn how to access the internet to book activities/services?

Yes

No

If Yes, what would be the best way be for providing this for you?

34. Due to the pandemic, do you feel you would need some support with raising your confidence before coming out and accessing services in the community again?

Yes

No

35. Would you like to be able to access some of the activities you are interested in at home via the internet i.e. some of the talks or creative/crafting or wellbeing activities?

Yes

No

* 36. If you said above that you currently attend social activities in the community, what do you usually pay per session?

* 37. What do you think is an affordable, good value price for the types of activities you have specified you would like to attend per session?

* 38. What would your preference be in paying to attend the activities you specified? (please tick all that apply)

Pay per session/activities (discounts available when booked in advance)

Monthly subscription with an option to choose from a number of activities you are interested in

* 39. Where did you hear about this survey?

40. If you are interested in accessing a free activity session please leave your details below and a member of the team will be in touch.

Name

Address

Address 2

City/Town

County

Postal Code

Country

Email Address

Phone Number