**Surrey Day Opportunities 2020**

**Overview**

**Adult Social Care would like to understand more about what activities, groups and services people aged 60 years and over, who live in Surrey, care about the most or would like to make use of. These will be activities, groups and services that support people to work, contribute to their community and meet and socialise with others. We are particularly interested in what helps residents to stay healthy and active, feel safe, reduce loneliness, and improve general wellbeing.**

**We want to hear your views about any activity, group or service which could include all forms of exercise, any hobbies, practical support including breaks from caring, inter-generational activities or opportunities to volunteer and be active in your community for example.**

**The results of the survey will help us to identify areas we can improve, develop, and extend our existing offer to residents.**

**This is part of our commitment made within the Surrey 2030 Vision: “By 2030 we want Surrey to be a uniquely special place where everyone has a great start to life, people live healthy and fulfilling lives, are enabled to achieve their full potential and contribute to their community, and no one is left behind”.**

**Why we are consulting. Who is this survey aimed at?**

**This survey is aimed at any person aged 60 or over who lives and / or works in Surrey.**

**If you work, we would like to hear about what is important to you outside of your working hours and how you might choose to relax and unwind.**

**If you are retired, we would like to hear about what activities you enjoy and what encourages you to stay fit and healthy.**

**We want to know how you currently are, or would like to be, an active member of your local community, either through doing things for or with other people who live near you.**

**If you use any of our day services, we would be really interested to hear about your experiences; what works, what doesn’t work, and what you would like?**

**If you look after someone who would not be able to manage without your support, we would like to hear about what currently supports you or what could be of support to you.**

**It should take no more than 15 minutes to complete this Survey. This questionnaire is completely anonymous, and we will not be able to identify you from your response.**

**Do you require the survey in an accessible format such as easy read, large print or plain text? We have attached accessible formats of the survey at the bottom of this page under 'Related Documents' however if you require an easy read version we would recommend requesting a hard copy. This can be obtained by contacting:**

**Email:**[**contactcentre.adminhub@surreycc.gov.uk**](mailto:contactcentre.adminhub@surreycc.gov.uk)**.**

**Phone: 0300 200 1005**

**SMS: 07527 182861**

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1. **Which of the following activities do you currently participate in?**

***Please select all that apply***

* **Exercising**
* **Walking/gardening/accessing nature**
* **Arts/crafts**
* **Music/singing**
* **Games/bingo/boccia**
* **Education or training (eg computer skills)**
* **Other (please specify)**

1. **Are there any activities you would like to participate in, but do not currently?**

***Please select all that apply***

* **Exercising**
* **Walking/gardening/accessing nature**
* **Arts/crafts**
* **Music/singing**
* **Games/bingo/boccia**
* **Education or training (eg computer skills)**
* **Not at this time**
* **Other (please specify)**

1. **If there are any activities you would like to participate in, but do not currently, what are the main reasons you don’t or can’t?**

**Answer:**

1. **Can you tell us a little more about the activities you do take part in?**

**Top of Form**

**For each of these 7 activity areas indicate**

1. **I don't do this**
2. **I do this by myself**
3. **I do this with friends**
4. **I join an organised group**

Bottom of Form

1. **Exercising**
2. **Walking/gardening/accessing nature**
3. **Arts/crafts**
4. **Music/singing**
5. **Games/bingo/boccia**
6. **Education or training (eg computer skills)**
7. **Attend Café**
8. **Which of these services do you currently participate in?**

**For each of these 5 activity areas indicate**

1. **Do not participate**
2. **Do not participate but interested**
3. **Use small business**
4. **Use a Day Centre or charity organisation**
5. **Someone comes to my home**
6. **Hairdresser**
7. **Chiropody/podiatry**
8. **Hot meal delivery (i.e. meals on wheels)**
9. **Hot meal eaten away from home**
10. **Support group/counselling/befriending**
11. **Are you a volunteer? Who do you volunteer with and what do you do?**

**Please give details:**

1. **Do you visit a day centre for any of the above activities or services?**

**Please select all that apply**

* **Often**
* **Occasionally**
* **Never**
* **Other (please specify)**

**8. Of all the activities you do (activities, services, volunteering) which two are the most important to you?**

**1.**

**2.**

* 1. **Thinking about the first activity you chose in Question 8 as most important to you, how does that activity benefit you? Indicate all that apply**
* **Helps me stay physically fit and well**
* **Helps me stay mentally fit and well**
* **Helps me feel good about myself**
* **Gives me a break**
* **I meet new people**
* **I meet and spend time with my friends**
* **Makes me feel part of the community**
* **I'm doing something useful, gives me a sense of purpose**
* **Keeps me thinking, helps me stay sharp**
* **Makes me feel cared for**
* **Gets me out of the house**
* **It's fun, improves my mood**
* **Makes me feel I've achieved something**
* **Other (please specify)**

* 1. **Which of these are true for your first activity in Question 8. (Indicate all that apply)**
* **It's exactly what I want to do**
* **I was referred to it by a professional or organisation**
* **It's all I've been offered**
* **I like the activity but would rather do it with different people**
* **I like the people I do it with but would rather do a different activity**
* **Other (please specify)**

* 1. **Thinking about the second activity you chose in Question 8 as most important to you, how does that activity benefit you? Indicate all that apply**
* **Helps me stay physically fit and well**
* **Helps me stay mentally fit and well**
* **Helps me feel good about myself**
* **Gives me a break**
* **I meet new people**
* **I meet and spend time with my friends**
* **Makes me feel part of the community**
* **I'm doing something useful, gives me a sense of purpose**
* **Keeps me thinking, helps me stay sharp**
* **Makes me feel cared for**
* **Gets me out of the house**
* **It's fun, improves my mood**
* **Makes me feel I've achieved something**
* **Other (please specify)**

* 1. **Which of these are true for the second activity you chose in Question 8. Tick all that apply**
* **It's exactly what I want to do**
* **I was referred to it by a professional or organisation**
* **It's all I've been offered**
* **I like the activity but would rather do it with different people**
* **I like the people I do it with but would rather do a different activity**
* **Other (please specify)**

* 1. **How easy is it to find out about new activities?**

***Please select only one item***

1. **Very easy**
2. **Quite easy**
3. **Neither easy or difficult**
4. **Quite difficult**
5. **Very difficult**
   1. **Where would you go for information about what is available to you locally?**

***Please select all that apply***

* **Friends and family**
* **GP surgery**
* **The internet/google**
* **Social media**
* **Social worker/locality team**
* **Surrey county council website**
* **Surrey information point**
* **A charity, voluntary organisation, or faith group**
* **Other (please specify)**

* 1. **Do you think you have a good choice of activities that you could attend if you wanted to?**

***Please select only one item***

1. **There is a lot to choose from**
2. **There is a good amount to choose from**
3. **There is some choice but not enough**
4. **There is very little to choose from**
   1. **Are any of these things important when you are thinking about what activities you might go to? Indicate all that apply**
   2. **Easy to get to on public transport**
   3. **Easy to walk there and back from home**
   4. **They provide transport to get there and get home again**
   5. **Recommended by a friend or family**
   6. **Recommended by a professional or organisation**
   7. **Close to shops and other amenities**
   8. **The time of day it's on**
   9. **Ability to leave the person I care for**
   10. **Ability to attend with the person I care for**
   11. **How much it costs**
   12. **I have friends who go too**
   13. **Other (please specify)**
   14. **How do you travel locally?** **Please select all that apply**
5. **I drive and have my own car**
6. **My spouse/partner drives me**
7. **Family/friends drive me**
8. **I use volunteer drivers**
9. **Train or bus**
10. **Walk**
11. **Taxi**
12. **Bicycle**
13. **Mobility scooter**
14. **Pushed in a wheelchair**
15. **Community transport**
    1. **Which of these best describes your current health? – Indicate one only**
16. **Managing well - I'm active and don't need much or any help**
17. **I've slowed down a bit - I do need a bit of help with some things**
18. **I need quite a lot of help nowadays**
    1. **What is the first part of your postcode?**