

Activities, groups and services for people aged 60 and over

What do you think?



Easy Read version of
Surrey Day Opportunities
2020



**easy
read**

Introduction



Surrey County Council wants to know what activities and services people aged 60 or over want.



We especially want to know what helps people:

- stay healthy and active
- feel safe
- be less lonely
- feel good about themselves.



Please tell us what you think by answering the questions in this survey.

This survey



This survey is for anyone aged 60 or over who lives or works in Surrey.



If you work, we want to know about what is important to you when you are not at work.



If you don't work, we would like to know what activities you enjoy and what helps you stay fit and active.



If you use our day services, we would like to know what you think about them.



If you are a carer for someone who needs your support, we would like to know how we could help you more.

Day opportunities in Surrey

Question 1: Which of these things do you do? *Please tick all that apply*

☐

Exercising

☐

Walking, gardening or going into nature

☐

Arts and crafts

☐

Music and singing

☐

Games, bingo or bocchia

☐

Learning something new

☐

Other, please say



Question 2: Are there any activities you would like to do, that you don't do right now? *Please tick all that apply*

☐

Exercising

☐

Walking, gardening or going into nature

☐

Arts and crafts

☐

Music and singing

☐

Games, bingo or boccia

☐

Learning something new

☐

Not at this time

☐

Other, please say

Question 3: If there are any activities you would like to do, but can't right now, why can't you do them?

Question 4: Please tell us a bit more about the activities that you do.



a) Exercising. *Please tick just 1 box*

- ☐ I don't do this
- ☐ I do this by myself
- ☐ I do this with friends. We arrange it ourselves
- ☐ I am in an organised group to do this



b) Walking, gardening or going into nature. *Please tick just 1 box*

- ☐ I don't do this
- ☐ I do this by myself
- ☐ I do this with friends. We arrange it ourselves
- ☐ I am in an organised group to do this



c) Arts and crafts. *Please tick just 1 box*

☐

I don't do this

☐

I do this by myself

☐

I do this with friends. We arrange it ourselves

☐

I am in an organised group to do this



d) Music and singing. *Please tick just 1 box*

☐

I don't do this

☐

I do this by myself

☐

I do this with friends. We arrange it ourselves

☐

I am in an organised group to do this



e) Games, bingo or bocchia. *Please tick just 1 box*

☐

I don't do this

☐

I do this by myself

☐

I do this with friends. We arrange it ourselves

☐

I am in an organised group to do this



f) Learning something new. *Please tick just 1 box*

☐

I don't do this

☐

I do this by myself

☐

I do this with friends. We arrange it ourselves

☐

I am in an organised group to do this



g) Going to a café. *Please tick just 1 box*

☐

I don't do this

☐

I do this by myself

☐

I do this with friends. We arrange it ourselves

☐

I am in an organised group to do this

Question 5: Which of these services do you use?



a) Hairdresser. *Please tick just 1 box*

- ☐ I don't use this service
- ☐ I don't use this service, but I would be interested in it
- ☐ I go to my own hairdresser
- ☐ I go to a day centre, or a charity arranges it for me
- ☐ Someone comes to my home



b) Chiropodist or podiatrist. These are health professionals that help you with your feet. *Please tick just 1 box*

- ☐ I don't use this service
- ☐ I don't use this service, but I would be interested in it
- ☐ I go to my own chiropodist or podiatrist
- ☐ I go to a day centre, or a charity arranges it for me
- ☐ Someone comes to my home



c) Meals on wheels. *Please tick just 1 box*

- ☐ I don't use this service
- ☐ I don't use this service, but I would be interested in it
- ☐ I make my own food
- ☐ I go to a day centre, or a charity arranges it for me
- ☐ Someone comes to my home



d) Going out for a hot meal. *Please tick just 1 box*

- ☐ I don't use this service
- ☐ I don't use this service, but I would be interested in it
- ☐ I go to cafés and restaurants
- ☐ I go to a day centre, or a charity arranges it for me
- ☐ Someone comes to my home



e) A support group, counselling or befriending. *Please tick just 1 box*

☐

I don't use this service

☐

I don't use this service, but I would be interested in it

☐

I go to my own group

☐

I go to a day centre, or a charity arranges it for me

☐

Someone comes to my home



f) Other, please say



Question 6: Are you a volunteer? Who do you volunteer with? What do you do?



Question 7: Do you visit a day centre to do an activity or get a service?
Please tick all that apply

- ☐ Often
- ☐ Occasionally
- ☐ Never
- ☐ Other, please say

Question 8: Which are the 2 most important activities for you?



1.

2.



Question 9: Thinking about the activity you put as number 1 in question 8, how does this activity help you? *Please tick 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

☐ Keeps my brain active

☐ 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 say

Question 10: Which of these apply to the activity you put as number 1 in question 8? *Please tick all that apply*



☐ It's exactly what I want to do



☐ I was sent 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, but would rather do a different activity

☐ Other, please say

Question 11: Thinking about the activity you put as number 2 in question 8, how does this activity help you? *Please tick 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



- ☐ Keeps my brain active
- ☐ 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 say

Question 12: Which of these apply to the activity you put as number 2 in question 8? *Please tick all that apply*



☐ It's exactly what I want to do



☐ I was sent 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, but would rather do a different activity

☐ Other, please say



Question 13: How easy is it to find out about new activities? *Tick just 1 box*

☐

Very easy

☐

Quite easy

☐

Neither easy nor difficult

☐

Quite difficult

☐

Very difficult



Question 14: Where would you go to find out what activities there are locally? *Please tick all that apply*

☐

Friends and family

☐

Local doctor's (GP) surgery

☐

The internet or Google

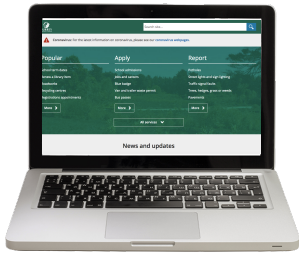
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Social media like Facebook, Twitter or Instagram

☐

Social worker



☐

Surrey County Council website

☐

Surrey Information Point

☐

A charity, voluntary organisation or religious group

☐

Other, please say



Question 15: Do you have a good choice of things to do? *Tick just 1 box*

☐

There is a lot to choose from

☐

There is a good amount to choose from

☐

There is some choice but not enough

☐

There is very little to choose from



Question 16: When you are thinking about doing an activity, are any of these things important? *Please tick all that apply*



☐ Easy to get to on buses, trams or trains



☐ Easy to walk there and back from home



☐ They provide transport to get there and get home again



☐ A friend or family suggested it



☐ A professional or organisation suggested it



☐ Close to shops and other things



☐ The time of day it's on



☐ I can leave the person I care for



☐ I can go with the person I care for



☐ How much it costs



☐ I have friends who go too

☐ Other, please say



Question 17: How do you travel locally? *Please tick all that apply*



☐ I drive and have my own car

☐ My spouse or partner drives me



☐ Family or friends drive me

☐ I use volunteer drivers



☐ Train or bus



☐ Walk

☐ Taxi



☐ Bicycle

☐ Mobility scooter



☐ Pushed in a wheelchair

Question 18: Which of these best describes your health at the moment?
Please tick just 1 box



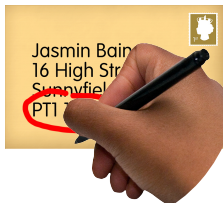
☐ Managing well - I'm active and don't need much or any help



☐ I've slowed down a bit - I do need a bit of help with some things



☐ I need quite a lot of help nowadays



Question 19: What is the first part of your postcode?

Thank you



Thank you for your answers.

Please now send your answers back by:



Post:
Surrey County Council
County Hall
Penrhyn Road
Kingston upon Thames
KT1 2DN



Email:
contactcentre.adminhub@surreycc.gov.uk

For more information

If you need more information please contact us by:



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