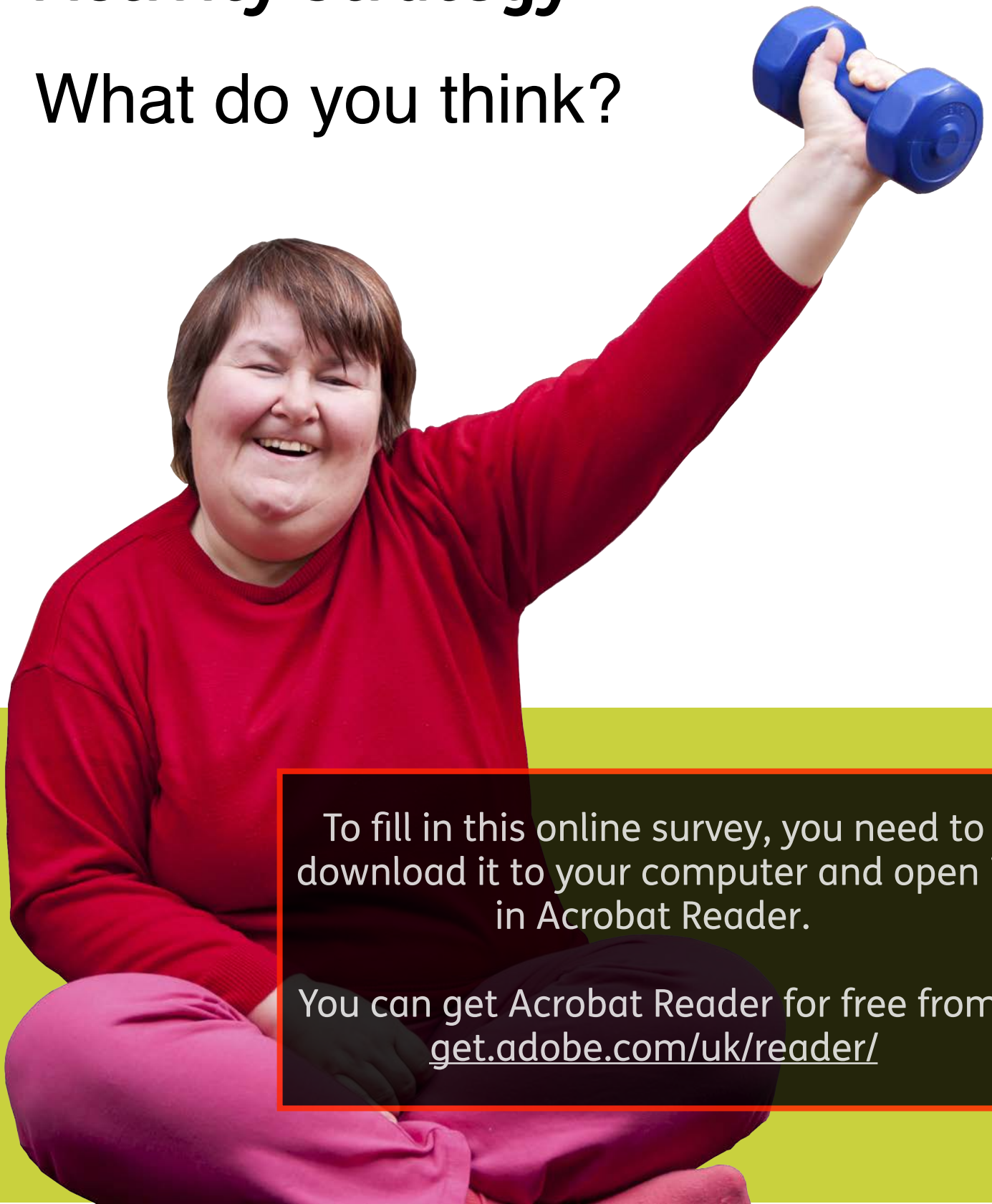


Surrey Physical Activity Strategy

What do you think?



To fill in this online survey, you need to download it to your computer and open it in Acrobat Reader.

You can get Acrobat Reader for free from:
get.adobe.com/uk/reader/

Introduction



Active Surrey works with Surrey County Council and other organisations to help people stay active.



We are writing a new plan to get more people active in Surrey.



We want to know what you think about keeping active and how important it is in your life.



Your answers will help us to make sure we are including everybody in our new plan.



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

We need your answers back by Saturday, 31 October 2020.

Prize draw



We will choose 1 person to win a £40 Amazon voucher, for taking part in the survey.



You have to be over 18 years old to win the voucher.

There is more information about how to be in with a chance to win at the end of the survey.



How we will use your answers

We will use your answers to help us write our new plan.



We will share the things you tell us with the other organisations that are working with us.



But we won't share any information about you. No one will know that the answers have come from you.



If you need more information about how we will use your answers, please email us:

active.surrey@surreycc.gov.uk

☐

Please tick here to say you agree with the way that we will use your answers.

What makes you happy in life?



Question 1: What things in life make you most happy?

Tick as many boxes as you want.



☐ Arts and crafts

☐ Money

☐ Dancing

☐ Reading

☐ Playing computer games

☐ Listening to music at concerts or festivals

☐ Following a religion

☐ **Meditation or mindfulness.**

Meditation and **mindfulness** are ways to relax by thinking about just one thing, like your breath.





- ☐ Sport or exercise
- ☐ Gardening
- ☐ Going to the theatre, museums and art galleries
- ☐ Social media - like: YouTube, Snapchat, Instagram, Twitter and Facebook
- ☐ Playing a musical instrument
- ☐ Time spent with your family, friends or your partner
- ☐ Going to outdoor places like National Trust places, historical places or gardens
- ☐ Cooking and eating out
- ☐ Technology hobbies - this means doing things with computers and machines
- ☐ Watching TV, boxsets or movies, or going to the cinema



☐ Volunteering

☐ Looking after animals

☐ Work

☐ Playing board games or card games



☐ Going to the pub or nightclubs

☐ Sleeping

☐ Prefer not to say

☐ None of these

☐ Other things





Question 2: What would help you to do more of the things that make you happy?

Tick as many boxes as you want.



☐ If it was closer to where I live

☐ More places to do these things



☐ More free time with friends

☐ Better transport



☐ More free time with family

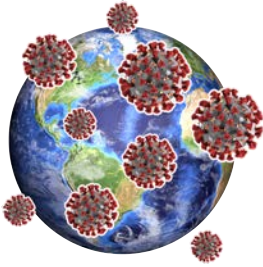
☐ More free time to myself



☐ More support from services close to where I live



☐ More money

☐

A change in the rules that say I must stay away from other people because of **Coronavirus**.

Coronavirus is the a new illness that is spreading around the world.

☐

Less time at work

☐

Prefer not to say

☐

None of above

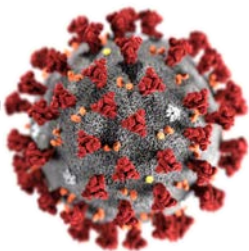
☐

Other



Question 3: Are you worried about any of these things?

Tick all that apply to you.

☐

Brexit

☐

My mental health

☐

Politics

☐

Family

☐

My physical health

☐

Money

☐

Relationships

☐

Housing

☐

Coronavirus

☐

Work

☐

The environment



☐ Health of my family and friends

☐ Prefer not to say

☐ None of above

☐ Other things





Question 4: What things do you do to stop you worrying?

Tick all that apply to you.

- ☐ Practical things like little jobs I need to do
- ☐ Writing lists of things to do
- ☐ Thinking about something else
- ☐ Doing anything else to keep me busy
- ☐ Sport or exercise
- ☐ Anything that makes you
- ☐ happy Sleep
- ☐ Spend time with friends



☐ Spend time with partner



☐ Meditation or mindfulness

☐ Taking a bath or a shower



☐ Spend time with family



☐ Prefer not to say

☐ None of above

☐ Other things

Your health



Question 5: Are you a healthy weight?

☐

Yes

☐

No

☐

I'm not sure



Question 6: Do you do any of these things to try to stay healthy?

Tick all the things you do.

☐

Drink enough water

☐

Eat healthy food

☐

Take regular medication

☐

Do regular exercise

☐

Do mindfulness or meditation



☐ Only drink a small amount of alcohol



☐ Walk, cycle or scooter to places

☐ Get enough sleep

☐ Prefer not to say



☐ None of above

☐ Other things



Question 7: What things make you want to carry on being healthy?

Tick all that apply to you.



☐ Making my friends and family happy with me

☐ Achieving the things I want to do



☐ Paying money to exercise - like paying to go to a gym

☐ Keeping a diary



☐ Feeling better about myself

☐ So that I can do things with my family - like being active with my children



☐ To give myself a treat

☐ Prefer not to say

☐ None of above

☐ Other things



Exercise



Question 7: Which of these types of exercise do you regularly - at least 30 minutes a week?

Tick all that you do.



☐ Walking to work or school

☐ Going to the gym



☐ Walking for enjoyment - including taking the dog for a walk

☐ Doing exercise at home - maybe with a DVD or online video



☐ Exercise classes

☐ Doing exercise as part of my work or everyday routine



☐ Cycling for enjoyment



☐ Taking part in a group like Scouts or Cadets

☐ Sports

☐ Dancing

☐ Cycling to work or school

☐ Prefer not to say

☐ None of above

☐ Other things



Question 8: What would encourage you to do more exercise?
Tick all that would help.

☐ Activities that meet my particular needs

☐ To improve my mood

☐ For better mental health





☐ Having more free time

☐ To make new friends

☐ To feel more confident



☐ To be a healthier weight

☐ Better transport



☐ Having more money

☐ Exercising with my friends



☐ Lower prices at the leisure centre or gym

☐ Being able to meet up with people again

☐ For better physical health



☐ Activities at times that suit me



☐ Safer routes to walk, cycle or run

☐ A gym or sports ground close to where I live



☐ Activities close to where I live



☐ Parks, fields or woodland close to where I live

☐ Spending less time at work



☐ For better sleep

☐ Prefer not to say



☐ None of above

☐ Other things



Question 9: Where would you look for more information about being physically active?

Tick all that apply.



☐ Forums or groups

☐ Word of mouth

☐ YouTube

☐ Facebook

☐ Ask family or friends

☐ Websites

☐ Twitter

☐ Instagram

☐ Newsletters

☐ Books or magazines

☐ Prefer not to say

☐ None of above

☐ Other things



About you



The next questions are about you.

Your answers will help us to make sure we are hearing from all different groups of people in Surrey.

Question 10: How old are you?



- ☐ Under 16 years
- ☐ 16 - 24 years
- ☐ 25 - 34 years
- ☐ 35 - 44 years
- ☐ 45 - 54 years
- ☐ 55 - 64 years
- ☐ 65 - 74 years
- ☐ 75 - 84 years
- ☐ 85 or over
- ☐ Prefer not to say



Question 11: Are you...

- ☐ Male
- ☐ Female
- ☐ Prefer not to say
- ☐ Other



Question 12: What is your ethnic group?

- ☐ White British
- ☐ White other
- ☐ Asian - but not Chinese
- ☐ Chinese
- ☐ Black
- ☐ Mixed
- ☐ Other ethnic group
- ☐ Prefer not to say



Question 13: Do you have a physical disability that stops you from doing everyday things?

- ☐ Yes, it stops me a lot
- ☐ Yes, it stops me a little
- ☐ Yes, but it doesn't stop me
- ☐ I don't have a physical disability
- ☐ Prefer not to say



Question 14: Do you have a learning disability that stops you from doing everyday things?

- ☐ Yes, it stops me a lot
- ☐ Yes, it stops me a little
- ☐ Yes, but it doesn't stop me
- ☐ I don't have a learning disability
- ☐ Prefer not to say



Question 15: Do you have a long term health condition that stops you from doing everyday things?

- ☐ Yes, it stops me a lot
- ☐ Yes, it stops me a little
- ☐ Yes, but it doesn't stop me
- ☐ I don't have a long term health condition
- ☐ Prefer not to say



Question 15: Do you have a mental health condition that stops you from doing everyday things?

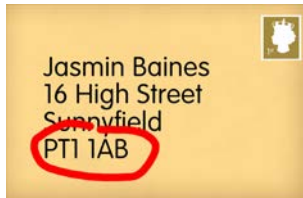
- ☐ Yes, it stops me a lot
- ☐ Yes, it stops me a little
- ☐ Yes, but it doesn't stop me
- ☐ I don't have a mental health condition
- ☐ Prefer not to say



Question 16: Are you a carer?

☐ Yes

☐ No



Question 17: What is the first part of your postcode?

Thank you



Thank you for your answers. You are helping us to make plans for keeping people active in Surrey.



Would you like to carry on helping us to make these plans?

☐

Yes

☐

No



If you are over 18 years old, would you like the chance to win a £40 Amazon voucher?

☐

Yes

☐

No



If you ticked 'yes' to either of the questions above, please tell us your name and email address so we can contact you.

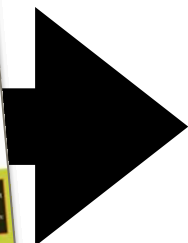
We will keep your information private and safe.

My name:

My email address:



Sending your survey back

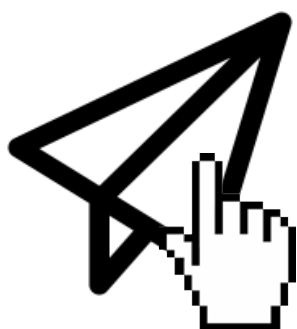


Please now send your survey back to us by email:

Click Here



Clicking the button above will automatically create a new email with our address on it and your survey attached.



You will then need to click 'send' to email your survey back to us.



We need your answers back by Saturday, 31 October 2020.

For more information



If you need more information please contact us by:

Email: **active.surrey@surreycc.gov.uk**



Phone: **07791 383 733**



Post:

**Active Surrey
Quadrant Court
35 Guildford Road
Woking
GU22 7QQ**