EXPERIENCE SURVEY

**[insert consent statement]**

|  |  |  |
| --- | --- | --- |
|  | {insert organisation/project name} use only |  |
| UNIQUE ID |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| --- | --- | --- | --- |
|  | Day | Month | Year |
| **1. Please provide today’s date** |  |  |  |

|  |
| --- |
| **2. Which of the following activities have you undertaken through {insert organisation/project name}?** |
| *(Please select all that apply)* |
| 🞏 | Fundraising  |  |  |
| 🞏 | Provided support or training to other volunteers |  |  |
| 🞏 | Coached or instructed people in a sport or physical activity |  |  |
| 🞏 | Refereed, umpired, or officiated at a sports match, competition or event |  |  |
| 🞏 | Secretarial, admin or clerical work (including social media or website responsibilities) |  |  |
| 🞏 | Acted as a steward or marshal at an activity or event (e.g. helping with registration, marking the route) |  |  |
| 🞏 | Mentored other volunteers or members of the community |  |  |
| 🞏 | Organised an activity or event |  |  |
| 🞏 | Led a team of volunteers |  |  |
| 🞏 | Helped to paint, decorate or fix a building or equipment |  |  |
| 🞏 | Helped to renovate or clean up a space (e.g. a cycle path or local park) |  |  |
| 🞏 | Campaigned for a cause |  |  |
| 🞏 | Other (Please specify) |  |  |  |

|  |
| --- |
| **3. Which of these options describes why you continue/continued to take part in {insert organisation/project name}?** |
| *(Please select all options that apply)* |
| 🞏 | To help people  |  |  |
| 🞏 | To make friends  |  |  |
| 🞏 | I enjoy volunteering |  |  |
| 🞏 | To have fun |  |  |
| 🞏 | To socialise with other people |  |  |
| 🞏 | The cause is important to me  |  |  |
| 🞏 | To have my say |  |  |
| 🞏 | My friends/family did it  |  |  |
| 🞏 | To make a difference in my local area  |  |  |
| 🞏 | To be involved with sport |  |  |
| 🞏 | To learn new skills |  |  |
| 🞏 | To improve my career prospects |  |  |
| 🞏 | To get a qualification |  |  |
| 🞏 | To help fill my time |  |  |
| 🞏 | It was part of a lesson or course |  |  |
| 🞏 | To feel valued |  |  |
| 🞏 | Without volunteers the project would finish |  |  |
| 🞏 | To gain rewards (e.g. tickets to an event, t-shirt, vouchers) |  |  |
| 🞏 | It is part of my religious beliefs |  |  |
| 🞏 | Other (Please Specify) | ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*** |  |  |
| **4. Overall, how satisfied are you with the type of volunteering activities you have undertaken at {insert organisation/project name}?** Please rate this on a scale of 0-10, where 0 is not at all satisfied-and 10 is completely satisfied |
| *(Please select one number or select Don’t know)* |
|  |
| 0=Not at all satisfied | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely satisfied | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

|  |
| --- |
| **5. Overall, how satisfied are you with the support you receive from {insert organisation/project name}?** *Please rate this on a scale of 0-10, where 0 is not at all satisfied-and 10 is completely satisfied* |
| *(Please select one number or select Don’t know)* |
|  |
| 0=Not at all satisfied | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely satisfied | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

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| --- |
| **6. How much do you agree that...** |
| *(Please tick one number in each question only, or select Don’t know)* |

|  |
| --- |
| **Staff and other volunteers at {insert organisation/project name} listen to volunteers’ ideas** |
| 0=I do not agree at all | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely agree | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

|  |
| --- |
| **{insert organisation/project name} values the contributions that the volunteers’ make** |
| 0=I do not agree at all | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely agree | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

|  |
| --- |
| **The volunteering opportunities through {insert organisation/project name} are challenging and enjoyable** |
| 0= I do not agree at all | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely agree | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

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| --- |
| **7. In the last 12 months on approximately how many days have you volunteered?** *Please include volunteering with* **{insert organisation/project name}** *and any other volunteering you may have done.By volunteering, we mean unpaid help to groups, clubs or organisations.*  |
| *Please state an approximate number of days below or tick Don’t know.* |
| ***\_\_\_\_\_\_\_\_*** |
| 🞏 | Don’t know |  |

|  |
| --- |
| **8. How much do you agree that...** |
| *(Please tick one number in each question only, or select Don’t know)* |

|  |
| --- |
| **The volunteering I have done through {insert organisation/project name} has had a positive impact on other people** |
| 0=I do not agree at all | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely agree | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

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| --- |
| **The volunteering I have done through {insert organisation/project name} has brought different community members together** |
| 0=I do not agree at all | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely agree | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

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| --- |
| **9. Outside of the volunteering you have done with {insert organisation/project name} have you undertaken any other volunteering?**  |
| *(Please select one option)* |
| 🞏 | Yes | 🡺 | **Continue** |
| 🞏 | No | 🡺 | **Please go to Question 11** |
| 🞏 | Don’t know | 🡺 | **Please go to Question 11** |

|  |
| --- |
| **10. Which of these statements most closely describe the reason you have undertaken volunteering outside of {insert organisation/project name}?** |
| *(Please select one option)* |
| 🞏 | Taking part in **{insert organisation/project name}** motivated me to do more volunteering |  |  |
| 🞏 | I would have undertaken this volunteering opportunity without **{insert organisation/project name}** |  |  |
| 🞏 | Don’t know |  |  |

|  |
| --- |
| **11. Since taking part in {insert organisation/project name} have you encouraged anyone else to volunteer?** |
| *(Please select one option)* |
| 🞏 | Yes | 🡺 | **Continue** |
| 🞏 | No | 🡺 | **Please go to Question 13** |
| 🞏 | Don't know | 🡺 | **Please go to Question 13** |

|  |
| --- |
| **12. Did you encourage others to take part in volunteering as a direct result of taking part in {insert organisation/project name}?** |
| *(Please select one option)* |
| 🞏 | Yes |  |  |
| 🞏 | No, I would have done this anyway |  |  |
| 🞏 | Don't know |  |  |

|  |
| --- |
| **13. We are going to ask you a few questions about you in order to understand how these may change during your participation in {insert organisation/project name}.** |
| *(Please tick one number in each question only, or select Don’t know)* |

|  |
| --- |
| **Overall, how satisfied are you with your life nowadays?** |
| 0=Not at all satisfied | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely satisfied | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

|  |
| --- |
| **Overall, how happy did you feel yesterday?** |
| 0=Not at all happy | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely happy | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

|  |
| --- |
| **Overall, how anxious did you feel yesterday?** |
| 0=Not at all anxious | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely anxious | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

|  |
| --- |
| **Overall, to what extent do you feel the things you do in your life are worthwhile?** |
| 0=Not at all worthwhile | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely worthwhile | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

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| --- |
| **I can achieve most of the goals I set myself?** |
| 0=I do not agree at all | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely agree | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

|  |
| --- |
| **I feel confident at having a go at things that are new to me?** |
| 0=I do not agree at all | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely agree | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

|  |
| --- |
| **On the whole, I am satisfied with myself?** |
| 0=I do not agree at all | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely agree | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

|  |
| --- |
| **If something goes wrong I am able to bounce back and carry on?** |
| 0= I do not agree at all | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10= Completely agree | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

|  |
| --- |
| **I am able to motivate and influence other people?** |
| 0=I do not agree at all | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely agree | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

|  |
| --- |
| **I have skills and experience that are valued by employers?** |
| 0=I do not agree at all | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely agree | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

|  |
| --- |
| **I** **think that most people in my local area can be trusted?** |
| 0=I do not agree at all | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely agree | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

|  |
| --- |
| **I feel that I strongly belong to my immediate neighbourhood?*Please think of the area within a few minutes walking distance from your home*** |
| 0=I do not agree at all | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10=Completely agree | 🞏 Don’t  |
| 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |  know |

**14. Do you think taking part in {insert organisation/project name} has had any impact:**

|  | **Taking part in {insert organisation/project name} has had a negative impact** | **Taking part in {insert organisation/project name} has had no impact** | **Taking part in {insert organisation/project name} has had a positive impact** |
| --- | --- | --- | --- |
| on how satisfied you are with your life nowadays? | 🞏 | 🞏 | 🞏 |
| on how happy you feel? | 🞏 | 🞏 | 🞏 |
| on how anxious you feel? | 🞏 | 🞏 | 🞏 |
| on feeling the things you do in your life are worthwhile? | 🞏 | 🞏 | 🞏 |
| on believing you can achieve most of the goals you set yourself? | 🞏 | 🞏 | 🞏 |
| on how confident you feel about having a go at things that are new to you? | 🞏 | 🞏 | 🞏 |
| on how satisfied you are with yourself? | 🞏 | 🞏 | 🞏 |
| on your ability to bounce back and carry on if something goes wrong? | 🞏 | 🞏 | 🞏 |
| on your ability to motivate and influence other people? | 🞏 | 🞏 | 🞏 |
| on you developing skills and experience that are valued by employers? | 🞏 | 🞏 | 🞏 |
| on your belief that most people in your local area can be trusted? | 🞏 | 🞏 | 🞏 |
| on how strongly you feel you belong to your immediate neighbourhood? | 🞏 | 🞏 | 🞏 |

|  |
| --- |
| **15. In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?** *This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job (if you have one).* |
| *(Please select one option)* |
| 🞏 | 0 days |  |  |
| 🞏 | 1 day |  |  |
| 🞏 | 2 days |  |  |
| 🞏 | 3 days |  |  |
| 🞏 | 4 days |  |  |
| 🞏 | 5 days |  |  |
| 🞏 | 6 days |  |  |
| 🞏 | 7 days |  |  |
| 🞏 | Don’t know |  |  |

|  |
| --- |
| **16. Which of the following options most closely describes you?** |
| *(Please select one option)* |
| 🞏 | I am at school/college/sixth form |  |  |
| 🞏 | I am at university |  |  |
| 🞏 | I am working full-time |  |  |
| 🞏 | I am working part-time |  |  |
| 🞏 | I am unemployed |  |  |
| 🞏 | I am not employed and not looking for work (e.g. **you are retired, a full-time carer, have a health condition which prevents you from working**) |  |  |
| 🞏 | Other (Please Specify) | ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*** |  |  |

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| --- |
| **17. Do you think you will continue to volunteer in the future?** |
| *(Please select one option)* |
| 🞏 | Yes |  |  |
| 🞏 | No |  |  |
| 🞏 | I’m not sure |  |  |

|  |
| --- |
| **18. Is there anything you would like to tell us about {insert organisation/project name}, or the volunteering you have undertaken?** |
| **19. What is your name?** |
| (We are asking for your name so we know who has completed our survey. Your name will not appear in any report). |
| First Name |  |  |
| Last Name |  |  |
| 🞏 | Prefer not to say |  |  |

 |

Many thanks for completing this survey.