Filled in with	date	Reference

FULL POTENTIAL MAIN SURVEY FORM

Full Potential is a project run by Parks for Play, Balsall Heath CATS, Seven Up Charity and Childrens Quarter – the non-profit cooperative of which they are members. The aim of the project is to show the benefit that community-based clubs can have for disabled young people as they transition to adulthood. The project includes surveying the emotional wellbeing, social inclusion and physical activity of participants as they take part in community-based clubs run by Parks for Play, Balsall Heath CATS and Seven Up Charity. The groups involved would like to win more resources for services that support young disabled people through their transition to adulthood.

This form and the data collected by it is needed for us to be able to record how participants and their families feel as they are part of the services provided.

WELLBEING/FEELINGS

	None of time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling close to other people					
I've been able to make up my own mind about things					

SOCIAL INCLUSION/WHEN I FEEL SAD

	Never	Hardly ever	Occasionally	Some of the time	Often or Always
I feel I lack companionship					
I feel left out					
I feel isolated from others					
I feel lonely					

PHYSICAL ACTIVITY

How many days in the last week have you done these activities?

	No days	1	2	3	4	5	6	7 days
A walk lasting at least 10 minutes								
A cycle ride								
A sport, fitness activity or dance								

When you took a walk, how many minutes did you walk for on average? _____

Was the effort you put into walking usually enough to raise your breathing rate?

Yes No

When you did a cycle ride, how many minutes did you ride for on average? _____

Was the effort you put into cycling usually enough to raise your breathing rate?

Yes No

When you did a sport, fitness activities, or dance, how many minutes did you do it for on average? _____

Was the effort you put into doing sport, fitness activities, or dance usually enough to raise your breathing rate?

Yes No