Filled in with	date	Reference

FULL POTENTIAL SURVEY COMMENTARY TRACK

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 commentary track is designed to enable people who are sitting with participants to fill in survey forms to record responses and reactions that cannot be recorded on the Survey Form.

WELLBEING/FEELINGS

	Observations
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

	Observations
I feel I lack companionship	
I feel left out	
I feel isolated from others	
I feel lonely	

PHYSICAL ACTIVITY

	Observations
Questions about: Walking during the last week Cycling during the last week Sport, working out or dancing etc during the last week	