

## MUSIC *for* LIFE PROJECT

### PLEASE READ THIS

- Thank you very much for agreeing to participate in this research.
- The research aims to establish the benefits and challenges of participation in group leisure activities.
- Your name is for our records only. Any personal details you provide will be stored securely.
- Feel free not to answer a question or questions if you would prefer not to

**PERSONAL INFORMATION**

First name..... Last name.....

Year of Birth.....

Male ☐ Female ☐

I would describe my ethnicity as.....  
(e.g. White British, Asian British)

What is your occupation now or what was it in the past?  
.....

To establish how far people are travelling in order to participate in the activities,  
please provide your postcode.

Have you ever participated in any group leisure activities before?  
YES. I have participated in.....  
.....

NO ☐

What leisure activities are you participating in at this centre?

Please add further comments here if you would like to.

**Thank you for completing the questionnaire!**

Here is a list of statements that people have used to describe their lives or how they feel. How often do you feel like this? (Tick one box on each line)

		Never	Not often	Some-times	Often
1	My age prevents me from doing the things I would like to do				
2	I feel that what happens to me is out of my control				
3	I feel left out of things				
4	I can do the things I want to do				
5	I feel that I can please myself in what I do				
6	Shortage of money stops me from doing things I want to do				
7	I look forward to each day				
8	I feel that my life has meaning				
9	I enjoy the things that I do				
10	I feel full of energy these days				
11	I feel that life is full of opportunities				
12	I feel that the future looks good for me				

Please describe any other leisure activities you participate in outside the centre.

How did you find out about these activities?

What encouraged you to join the activity or activities?

Please feel free to add any comment or thought in the box below about the group leisure activities that you participate in.

To what extent would you agree that the following are difficulties that you or other people might experience in attending the activities that you participate in at this centre?

	Strongly disagree	Disagree	Agree	Strongly agree
Location				
Time of day				
Transport				
Cost				
Ill health				
Short illness (e.g. flu)				
Chronic illness (e.g. arthritis)				
Family issues				
Caring for young relatives (e.g. grandchildren)				
Caring for other relatives				
Lack of confidence				
Other (please specify)				

How might these difficulties be overcome?

Here is another list of statements that people have used to describe their lives or how they feel. Please indicate how strongly you agree that these statements are true in your experience. (Tick one box on each line)

	Not at all True		Somewhat True			Very True	
	1	2	3	4	5	6	7
I feel like I am free to decide for myself how to live my life							
I really like the people I interact with							
Often, I do not feel very competent							
I feel pressured in my life							
People I know tell me I am good at what I do							
I get along with people I come into contact with							
I pretty much keep to myself and don't have a lot of social contacts							
I generally feel free to express my ideas and opinions							
I consider the people I regularly interact with to be my friends							
I have been able to learn interesting new skills recently							
In my daily life, I frequently have to do what I am told							
People in my life care about me							
Most days I feel a sense of accomplishment from what I do							
People I interact with on a daily basis tend to take my feelings into consideration							
In my life I do not get much of a chance to show how capable I am							
There are not many people that I am close to							
I feel like I can pretty much be myself in my daily situations							
The people I interact with regularly do not seem to like me much							
I often do not feel very capable							
There is not much opportunity for me to decide for myself how to do things in my daily life							
People are generally pretty friendly towards me							