

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 add any comments that will help us to understand why participation in group activities has been a positive (or negative) experience for you.

Thank you for your help!

MUSIC *for* LIFE PROJECT

PLEASE READ THIS

- Thank you completing our first questionnaire.
- This is the second and final questionnaire for the research project.
- We would be most grateful if you could help us with this final stage by answering the questions on the following pages.
- Feel free not to answer a question or questions if you would prefer not to

Names are for matching only. They will not be included in reports.

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

What **group** leisure activities are you participating in at the moment? (please list)

What has encouraged you to continue participating in the activity or activities you have listed?□

What might make the group activity or activities you part of even more enjoyable for you?

What might improve the activities that are offered to older people in your area?

Have there been any changes in your life in the last six months that have affected your taking part in group activities? If so,, please state briefly what has happened.

What place does music have in your life? Please tick one option or add your own.

- a)

Music has never been important to me.

☐
- b)

I enjoy music from time to time.

☐
- c)

Music plays a central part in my life.

☐

OR
Other.....

Here are some reasons for taking part in group activities. Please tick to indicate how much you agree with each statement.

	Strongly disagree	Disagree	Agree	Strongly Agree
Participation in group activities is intellectually stimulating.				
Participation in group activities helps me to remain socially active.				
Continuing lifelong learning is a priority for me.				
Acquiring new skills and knowledge is a very satisfying experience.				
Participation in group activities provides an opportunity for regular mental activity.				
Participation in group activities is one way in which I remain involved in the community.				
I have experienced physical benefits from taking part in group activities.				
Participating in group activities has helped to reduce the effects of stress in my life.				
Participating in group activities has given me an opportunity to show others what I can do.				
Participating in group activities has given me an opportunity to help other people.				
I really enjoy taking part in group activities.				