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| Thank you for agreeing to be part of this research study. You are free to withdraw or not answer any questions. Withdrawing from the study will not affect your involvement with Men’s Shed or UKMSA. If you have any questions about the research, please contact NAME AND EMAIL. The survey should take you 10-15 minutes to complete. | | | | | | | | | | | | |
| Participant and shed demographics.  These are questions about you. Please select or write your answer. | | | | | | | | | | | | |
| 1. What is your gender? | | | | Male  Female  Non-binary  Tans woman  Trans man  Prefer not to say  Other (please state) | | | | | | | | |
| 2. What is your age? | | | |  | | | | | | | | |
| 3. What is your ethnicity? | | | | White-English / Welsh / Scottish / northern Irish / British / Irish / gypsy or Irish traveller / any other white background    Mixed / multiple ethnic groups - white and black Caribbean / white and black African / white and Asian / any other mixed / multiple ethnic background    Asian / Asian British- Indian / Pakistani / Bangladeshi / Chinese / any other Asian background    Black / African / Caribbean / black British- African / Caribbean any other black / African / Caribbean background    Other ethnic group – Arab / any other ethnic group    Other \_ please specify    Prefer not to say | | | | | | | | |
| 4. Do you identify as having a disability? | | | | No / yes \_ please explain / prefer not to say | | | | | | | | |
| 5. Do you identify as having a mental health challenge? | | | | No / yes \_ please explain / prefer not to say | | | | | | | | |
| 6. These questions are about the shed that you’re part of and how you use the shed, please write or select your answer. | | | | | | | | | | | | |
| 7. What is the name of your shed? | | | |  | | | | | | | | |
| 8. Where is your shed? Please include the postcode, if you know it. | | | |  | | | | | | | | |
| 9. How many shedders are part of your shed? | | | |  | | | | | | | | |
| 10. Is your shed ‘gender blind’ (do you accept people of all genders)? | | | | Yes / no / other (please specify) | | | | | | | | |
| 11. Are you a Shed Ambassador? | | | | Yes / No | | | | | | | | |
| 12. How did you first find out about and get involved with the shed? | | | | Family, friend or relative  My gp, doctor or other health, mental health or care professional referred me to the shed  From another shedder  I found out about the shed myself  Other, please specify | | | | | | | | |
| 13. How long have you been part of the shed? | | | | Less than 1 month  2-6 months  6-12 months  1 year – 2 years  More than 2 years | | | | | | | | |
| 14. We know covid-19 has impacted how you can engage with sheds. How often do you engage with the shed, in non-covid-19 times (e.g. early 2020 / 2019)? | | | | Less than once a month  1-2 times each month  3-4 times each month  More than 4 times each month | | | | | | | | |
| 15. Since covid-19 we know that shedders have found new ways to keep in contact with one another, when the sheds have been closed and/or lockdown and social distancing measures have been in place. Has your shed used any of the following methods to keep shedders in contact during these restrictions? | | | | Telephone calls  Whatsapp or other instant messaging chat groups  Facebook group  Virtual meetings e.g., through zoom or Microsoft teams  None of the above  Other: please specify | | | | | | | | |
| 16. How often are you able to engage with the shed now, including through virtual platforms, phone calls and conversations with other shedders? | | | | Less than once a month  1-2 times each month  3-4 times each month  More than 4 times each month | | | | | | | | |
|  | | | | | | | | | | | | |
| 17. Below are some statements about feelings and thoughts. Please select the answer that best describes your experience of each over the last 2 weeks. | | | | | | | | | | | | |
| **I’ve been feeling optimistic about the future** | None of the time | Rarely | | | | Some of the time | | | Often | | All of the time | |
| **I’ve been feeling useful** | None of the time | Rarely | | | | Some of the time | | | Often | | All of the time | |
| **I’ve been feeling relaxed** | None of the time | Rarely | | | | Some of the time | | | Often | | All of the time | |
| **I’ve been dealing with problems well** | None of the time | Rarely | | | | Some of the time | | | Often | | All of the time | |
| **I’ve been thinking clearly** | None of the time | Rarely | | | | Some of the time | | | Often | | All of the time | |
| **I’ve been feeling close to other people** | None of the time | Rarely | | | | Some of the time | | | Often | | All of the time | |
| **I’ve been able to make up my own mind about things** | None of the time | Rarely | | | | Some of the time | | | Often | | All of the time | |
|  |  |  | | | |  | | |  | |  | |
| 18. We would like to ask you a few questions to enable us to measure how helpful the Sheds are.    When answering the questions, you could take account of the following:  There are no right or wrong answers  We would like you to be completely honest  In answering the questions it is best to think of your life as it generally is now (we all have some good or bad days) | | | | | | | | | | | | |
| **How often do you feel that you lack companionship?** | | | | | Hardly ever or never | | | Some of the time | | | | Often |
| **How often do you feel left out?** | | | | | Hardly ever or never | | | Some of the time | | | | Often |
| **How often do you feel isolated from others?** | | | | | Hardly ever or never | | | Some of the time | | | | Often |
|  | | | | | | | | | | | | |
| **19.** The next questions ask about your quality of life  By selecting in ONE answer from each EACH group below, please indicate which statement best describes your quality of life at the moment. | | | | | | | | | | | | |
| **Love and Friendship** | I can have all of the love and friendship that I want | | I can have a little of the love and friendship that I want | | | | I can have a lot of the love and friendship that I want | | | I cannot have any of the love and friendship that I want | | |
| **Thinking about the future** | I can think about the future without any concern | | I can think about the future with only a little concern | | | | I can only think about the future with some concern | | | I can only think about the future with a lot of concern | | |
| **Doing things that make you feel valued** | I am able to do all of the things that make me feel valued | | I am able to do many of the things that make me feel valued | | | | I am able to do a few of the things that make me feel valued | | | I am unable to do any of the things that make me feel valued | | |
| **Enjoyment and pleasure** | I can have all of the enjoyment and pleasure that I want | | I can have a lot of the enjoyment and pleasure that I want | | | | I can have a little of the enjoyment and pleasure that I want | | | I cannot have any of the enjoyment and pleasure that I want | | |
| **Independence** | I am able to be completely independent | | I am able to be independent in many things | | | | I am able to be independent in a few things | | | I am unable to be at all independent | | |
|  | | | | | | | | | | | | |
| 20. Can you recall what brought you to Sheds in the first place? Please explain your answer. | | | | | | | | | | | | |
| 21. Overall, how would say being part of a Shed has affected you? | | | | | | | | | | | | |
| Thank you for taking the time to complete this questionnaire. We are grateful for your response. We will be in touch again in around 2-3 weeks to ask about your experience being part of this research project and being part of a Shed in a short (5 minute) survey.    If you have been affected by any of the topics that were covered in this questionnaire, you can find support from the following organizations:    Samaritans <https://www.samaritans.org/>  Call: 116 123  Email: [jo@samaritans.org](mailto:jo@samaritans.org)    Mind <https://www.mind.org.uk/>  Call: [0300 123 3393](tel:+44-300-123-3393)    Age UK <https://www.ageuk.org.uk/>  Age UK Advice Line: 0800 678 1602 | | | | | | | | | | | | |
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