

## Feeling Connected in North East Derbyshire and Chesterfield

'Social Connectedness' is about a person's social support network – their personal relationships and interactions with others that make them feel good and bring them happiness.

The 'Feeling Connected' project wants to find out about social connectedness in North East Derbyshire and Chesterfield. We want to understand how we can help people who feel lonely and isolated to make more and better social connections, so that they feel happier and enjoy better health and wellbeing.

Please help us by completing this survey.

Closing date is 14<sup>th</sup> February 2020.

### 1. About You:

**Your Gender:** \_\_\_\_\_ **Student/Not in Work/Employed or Self-Employed/Retired**

**Age:** 5-11 / 12-17 / 18-24 / 25-44 / 45-54 / 55-64 / 65-84 / 85+ **General Health** (good/poor): \_\_\_\_\_

**Number of people in your household:** \_\_\_\_\_ **Where do you live?** \_\_\_\_\_  
(first 4 digits of postcode)

### 2. Do you feel 'connected'?

(a) Please tick to tell us whether you agree or disagree with the following statements:

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
<i>I feel connected to a circle of family, friends and people that I know</i>					
<i>I feel that I belong in the place where I live</i>					
<i>If I want to, I feel I can take part in the things that happen in my community</i>					
<i>If I need a bit of help or advice about something, there's someone I feel I can talk to</i>					
<i>There are place(s) in my community where I can meet and talk with others</i>					

**(b) How many different people would you say you chat to ('connect with') in an average week? (please tick)**

0	1	2	3-5	6-10	more than 10

**(c) Overall, how do you feel about these connections? (please tick)**

very negative	negative	neutral	positive	very positive

**3. Please tell us about your connections:**

**(a) If any, what sorts of things do you do to keep yourself connected?**  
please tick all that apply

Socialise with others outside my home	Have visitors at home	Chat with others online or on social media	Play games online	Use a befriending service

Attend a class, group or club	Volunteer my time and skills	Attend a church or faith group	Play sport or do physical activity	Don't do anything

**(b) Please tell us a bit more about your activities (what, where, how often ...):**

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**4. Please tell us about the things that stop you from feeling connected to others:**

**(a) What sorts of things make it hard for you to have social connections?**

please tick all that apply

<b>Health</b> I don't feel well enough to go out or to see others.	<b>Mobility</b> Housebound / it's not easy to get out because of my mobility.	<b>Transport</b> No public transport / no community transport / it's difficult for me to use public transport / I don't drive or have a car	<b>Confidence</b> I don't have the confidence to go out or I feel anxious about talking with others.	<b>Money</b> My financial situation stops me from going out.	<b>Time</b> I'm too busy / I'm too tired to go out / I work long hours / anti-social hours / work far away from home.

<b>Knowledge</b> I don't know what happens in my community / I don't know how to find out what's happening near me.	<b>Venue</b> No places to meet (eg pub / working men's club / community centre). Venue is too far away / not welcoming / not accessible.	<b>Opportunity</b> There's nothing happening in my community. Nothing that I enjoy happens in my community.	<b>Companionship</b> I don't have anyone to go with me to things.	<b>Carer</b> My caring commitments prevent me from getting out/meeting up with others.	<b>None</b> I don't have any barriers to connecting with others.

**(b) Please explain your answers or tell us about other barriers we haven't mentioned above:**

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**5. How can we help you and/or your community feel more socially connected?**

**Please tell us what you would like to do. What would make a difference for you and for others?**

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**Thank you for your time.** Please return this survey to Derbyshire Voluntary Action.

By email: [info@dva.org.uk](mailto:info@dva.org.uk).

By post: Office 2a-2c, The Market Hall, Chesterfield, S40 1AR.