

### Volunteer Registration Form #1

Thank you for volunteering to take part in the Heathlands Reunited project.

This exciting project is funded by the Heritage Lottery Fund (HLF) and partners contributions. As part of our funding agreement we have to demonstrate the impact of different activities upon a range of people and communities including all of you who have volunteered to assist us.

We will ask all of our volunteers to take part in the project's evaluation through a variety of different approaches including the completion of an annual survey. The aim of the survey is to capture and measure the positive and negative changes upon your lives, brought about by your involvement with the heathlands reunited project. To streamline the process of registering to volunteer and filling in a survey we have combined the two into a single form.

Be assured that all of the information you provide will remain confidential and only be accessible to the project management team and the researchers undertaking the evaluation. Most of the questions require an answer, for some you may not wish to provide an answer; in this instance we have provided the option for you to opt-out of providing a response. The information collected will be collated and a report produced for the HLF and the SDNPA, highlighting where things have gone well and what we can do better. This report will be made readily available to all participants.

If you have any queries or questions please contact the team at heathlands@southdowns.gov.uk or call 01730 814810 and ask for the Heathlands Reunited Team.

1. First Name	2. Surname
3. Address Line #1	6. Town / City
4. Address Line #2	7. Postcode
5. Address Line #3	8. Home Telephone
9. Mobile Telephone	10. Email Address
11. Please indicate your pre	eferred method of contact
Email	Telephone
12. Can you please give us t	he contact details of a person we could contact in case of an emergency?
Name	
Address	
Contact Telephone Number	

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#### 13. Volunteering for the heathlands reunited project offers a variety of different opportunities. Could you please tick below each of the options that interest you?

As time passes we plan to offer <u>all</u> volunteers an opportunity to become involved with all aspects of the project they show an interest in, so these initial preferences should not be seen as binding.

Dog Ambassador	
Oral History recording and research	
Archival and Library research	
Wildlife Monitoring	
Health Walk Leader	

### 14. It would be useful at this stage to get your sense of the time you feel you could commit to volunteering for the Heathlands Reunited project? Please tick one of the options below.

On average a day each week	
On average half a day each week	
On average a day every fortnight	
On average half a day every fortnight	
On average a day each month	
On average a few hours every month	

Heathlands Reunited is happening in a rural part of West Sussex and we are acutely aware that access to transport may prove to be a barrier, stopping some people from participating. We'd like to find out if you need help with transport to access rural locations.

#### 15. Will you need assistance with transport to attend various Heathlands Reunited activities and events? (Please circle Yes or No)

YES NO

Next it would be helpful to find out how well you know the area and what motivated you to volunteer for the Heathlands Reunited project and what your expectations are.

The next page has a map of the project area for reference.



### **Heathlands Reunited**



16. How long have you lived in and around the Heathlands Reunited project area? (See map above).

Less than 12 months 1 -2 years 3 -5 years 6 -10 years 1 -2 years 2 + years 1

- 17. Please indicate the location(s) in the study area that you would be most interested in. If you'd like to work across the whole area please select all from the options below.
- Southern Region
  (Wiggonholt)
- Central Region (Midhurst/Iping Stedham)
- Northern Region (Broxhead/Shortheath)
- All regions within map boundary

18. Are you a member of any local archaeological, local history, archive,	YES	NO
community group or society? (Please circle Yes or No)	IL3	NO

19. If you answered yes to the previous question could you list up to three relevant groups or societies that you currently belong to?

Group / Society #1	
Group / Society #2	
Group / Society #3	



20. Can you describe why you wish to become a Heathlands Reunited volunteer, stating your motivations and reasons for becoming involved? We are keen to gather as much information as possible, so please give as much detail as you can at this early stage.

If you feel you are unable to answer this question please type 'Opt-out' in the box below.

21. Can you describe what you hope to get from the project in relation to the following? If you feel unable to answer these questions please type 'Opt-out' in the last box below.

Finding out more about the history and heritage of the Heathlands Reunited area.	
Changing your perceptions about the place in which you live and gaining a better understanding your local community.	



# Heathlands Reunited

Becoming fitter and more physically active.	
Learning new skills and being inspired.	
Meeting new friends and trying new things.	
Becoming more confident and motivated.	
Willing and able to take on new challenges.	
I would prefer not to answer any of these questions.	



Projects Good mental wellbeing - some people call it happiness - is about more than avoiding mental health problems. It means feeling good and functioning well. There are five evidence-based steps we can all take to improve our mental wellbeing. They are:

- Get active
- Connect with others
- Keep learning
- Be aware of yourself and the world
- Give to others

Projects such as Heathlands Reunited can prove beneficial both emotionally and psychologically, commonly known as mental well-being. The challenge is that it's often hard to gather information about a person's well-being as change can be slow and slight, so we would like to ask each volunteer to answer the following question. This tool uses WEMWBS (The Warwick-Edinburgh Mental Well-being Scale) to measure your mental wellbeing. WEMWBS was created by mental wellbeing experts, and is often used by scientists and psychologists. The aim of this is not to analyse each participant, but rather to identify changeover time in a person's well-being and where possible ascertain if your involvement in the Heathlands Reunited project can be attributed to this change. <u>http://www.nhs.uk/Tools/Documents/Wellbeing%20self-assessment.htm</u>

#### 22. Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks? If you would prefer not to say, please tick the last option for each statement.

	None of the time	Rarely	Some of the time	Often	All of the time	Prefer not to say
I'm feeling optimistic about the future						
I'm feeling useful						
I'm feeling relaxed						
I'm feeling interested in other people						
I have energy to spare						
I'm dealing with problems well						
I'm thinking clearly						
I'm feeling good about myself						
I feel connected to other people						
I'm feeling confident						
I'm able to make up my own mind about things						
I'm feeling loved						
I'm interested in new things						
I'm feeling cheerful						



On a scale of 1-10 (Where 10 is a strong understanding and 1 is no understanding) what is your current understanding of:	1	2	3	4	5	6	7	8	9	10	
Heathland Heritage											
Heathland Wildlife											
Why heathlands should be looked after today?											
On a scale of 1-10 (Where 1 is not at all inspired and 10 is very inspired) how inspired do you feel to:	1	2	3	4	5	6	7	8	9	10	
Visit your local heath?											

We'd like to find out a few things about you so we can better understand how each person's background affects their experience and perceptions of the Heathlands Reunited project.

24. Current Age	Please tick one	25. Current Work Status	Please tick one	26. Please describe current / recent employment
16-24		Working Full-time (≥35 hrs p/w)		
25-34		Working Part-time (<35 hrs p/w)		
35-44		Retired		
45-54		Student		<u>Gender</u>
55-64		Unemployed		Male
65-74		Looking after family/home		Female
75-84		Unable to work		Other 🗌
85+		Prefer Not to Say		
Prefer Not to Sav		Other reason*		*If you selected other reason please give more details below

27. Do you consider yourself to be: a) Heterosexual or straight;

- b) Gay or lesbian; or
- c) Bisexual?



## 28. Can you tell us the highest level of qualification you have either achieved or are currently studying for? (In the case of professional qualifications please select an equivalent from below). Please tick one of the options below.

No qualifications	
GCSEs, O-Levels, CSEs, NVQ Level 1 &2, GNVQs etc.	
A-Levels, NVQ Level 3, Scottish Highers etc.	
NVQ Level 4, HND, HNC, HE Diploma etc.	
First degree	
Post graduate (Doctorate, Masters, Diploma etc.)	
Prefer not to say	

29. How would you describe your ethnic origin? Please tick one of the options below.

WHITE (British; Irish etc.)	
MIXED (White & Black Caribbean; White & Black African; White & Asian; etc.)	
ASIAN/ASIAN BRITISH (Indian; Pakistani; Bangladeshi; etc.)	
BLACK/BLACK BRITISH (African; Caribbean; etc.)	□ cont next page
CHINESE	
Another ETHNIC ORIGIN	
Prefer not to say	

We are keen to create a project that everyone can take part in, regardless of any difficulties they might currently be experiencing. The following questions aim to find out if you have any specific requirements with regard to your mobility and any health issues that currently limit your lifestyle.

30. Do you consider yourself as having a disability? (Circle Yes or No)	YES	NO
31. How would you describe your level of mobility? Please tick one of the options below.		
I consider myself to have no significant mobility issues		
My mobility is slightly impaired		
My mobility is severely restricted		

32. If you said your mobility was slightly impaired or severely restricted can you give us more information about the different ways in which we can support your participation (e.g. frequent breaks, ramp or vehicular access etc.).



33. Are there are any other medical/health issues we might need to be aware of or might restrict your involvement in the Heathlands Reunited project? Please let us know how we can support your involvement in the project? (e.g. allergies, eye conditions that restrict your ability to drive in the dark, hearing loss etc.).

If you would like to be signed up to the project newsletter please tick here  $\square$