

Burslem Community Conversation Questionnaire

Support worker version

Aim

We know that there are higher than average levels of inactivity in Burslem, and this can lead to preventable health issues.

We want to understand the barriers the residents of Burslem face to being physically active so that we can create more opportunities for physical activity that are right for the community.

Adults should...

- Aim to be move their body every day. Any activity is better than none, and more is better still.
- Aim for least 2 and half hours of activity per week. The activities should make you a bit breathless (so you can talk, but you can't sing), such as walking, gardening, and housework. You can build up to your 2.5 hours in 10 minute chunks.
- Aim for 1 hour and 15 minutes per week of more intense activity, anything which means you would struggle to have a chat.
- Try to not to send too much time sitting or lying down and break up long periods of not moving with some activity.

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Returning the questionnaire

We want everyone to have the opportunity to answer this survey in the way that suits them best.

If you choose to fill out the paper version, please send the completed version via email to hello@togetheractive.org

or by post to:

Together Active
PO Box 4799
Stoke-on-Trent
ST4 9QJ

Or, to fill it out online, scan the QR code below:



Or visit: <https://togetheractive.org/burslem-community-conversation/>

Burslem Community Conversation Questionnaire

Questions

1. Do you want to be more physically active or feel you need to be?
(Please circle)

 Yes No

2. Is there anything that gets in the way and means you can't be physically active or look after yourself?

3. What helps you move more? What works well?

4. What needs to change locally to help you move more?

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Questions

5. How could a community centre / lounge / hub (with lots of people and services all in one place near you) help you be more physically active?

6. Does where you live help you be physically active?
(Please circle)

<input type="checkbox"/> Yes	<input type="checkbox"/> No
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7. Do your family and friends support you in being physically active?
(Please circle)

<input type="checkbox"/> Yes	<input type="checkbox"/> No
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8. Are your family and friends physically active?
(Please circle)

<input type="checkbox"/> Yes	<input type="checkbox"/> No
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9. Do you make plans to help you more more?
(Please circle)

<input type="checkbox"/> Yes	<input type="checkbox"/> No
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10. Would you choose being active over other activities?
(Please circle)

<input type="checkbox"/> Yes	<input type="checkbox"/> No
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Questions

11. Do you have any other comments?

Thank you for taking part!

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Support and guidance

To help you get the best answers from your participant, please use the below prompts to help with the conversation.

1. What is a PHYSICAL opportunity? The environment provides the opportunity to engage in the activity. (e.g. enough time, the equipment, reminders etc).
 - a. *Does the environment around you help you be physically active?*
 - b. *What are some of the things that prevent you from being active?*

2. What is SOCIAL opportunity? Interpersonal influences, social cues and cultural norms provide the opportunity to engage in the activity (e.g. support from friends and family).
 - a. *Do your family and friends support you being physically active?*
 - b. *Are your family and friends physically active?*

3. What is motivation? Conscious planning and evaluations (beliefs about what is good and bad) (e.g. I have the desire to, I feel the need to).
 - a. *Do the benefits of being physically active outweigh the costs?*
 - b. *Do you have effective plans to be physically active?*
 - c. *Would you prioritise being physically active over other activities if needed?*

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Support and guidance

4. Changing my behaviour to improve my health is something that I do automatically. **Automatic motivation** involves doing something without thinking or having to consciously remember (e.g. It's something I do before I realise I'm doing it).
- a. Do you feel good in yourself when physically active?*
 - b. Do your emotions get in the way of being physically active?*
 - c. Do you end up being active without realising it? When?*
 - d. Do you end up sitting still without realising it? When?*
 - e. Can being physically active become a habit you don't think about?*
5. I am **PHYSICALLY** able to change my behaviour to improve my health. What is Physical Capability?
Having the physical strength, skill or stamina to engage in the activity.
- a. Do you think you have the strength, skill and stamina to be physically active?*
5. What is **PSYCHOLOGICAL** capability? Knowledge and/or psychological skills, strength or stamina to engage in the necessary thought processes for the activity (e.g. knowledge, cognitive and interpersonal skills, ability to engage in appropriate memory, attention and decision making processes).
- a. Do you think you need to be more physically active?*
 - b. Do you know how to do this?*
 - c. Do you find your ability to concentrate or your memory stops you for being physically active?*

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Support and guidance

Below is a list of COM-B questions to help you with your conversation.

Capability: Psychological

1. Do they know that the behaviour needs to change?
2. Do they know what achieving this requires?
3. Do they understand why this is important?
4. Do they understand what will happen if they do (or don't do) the behaviour?
5. Do they know how to do it?
6. Do they have the required ability to focus their attention on the task?
7. Do they have the required memory ability for the behaviour?
8. Do they have the mental skills and understanding needed for the behaviour?
9. Do they have the mental strength and stamina for the behaviour?

Capability: Physical

1. Do they have the physique and anatomy required for the behaviour?
2. Do they have the sensory capacity required for the behaviour?
3. Do they have the physical skills and dexterity needed for the behaviour?
4. Do they have the physical strength and stamina needed for the behaviour?
5. Are they able to overcome any physical limitations they might have?

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Support and guidance

Opportunity: Physical

1. Do they have the time to do the behaviour given competing demands?
2. Do they have the material resources required to perform the behaviour?
3. Do they have appropriate prompts and reminders for the behaviour?
4. Do they feel they have the memory and attention span to be physically active?
5. Do they have the financial resources to do the behaviour?

Opportunity: Social

1. Do they judge that the benefits of enacting the behaviour outweigh the costs?
2. Are they willing to prioritise the behaviour over other behaviours if necessary?
3. Do they judge the behaviour to be normal?
4. Do they have effective plans for enacting the behaviour?
5. Are they confident they can perform the behaviour?

Motivation: Automatic

1. Do they feel that they want or need to enact the behaviour?
2. Do they expect to feel good about doing the behaviour or bad if they do not do it?
3. Will their emotional responses get in the way of enacting the behaviour?
4. Can the behaviour become habitual; something they can do without thinking about it?