

Natural England Wellbeing Survey



Thank you for taking the time to complete this short survey. It should only take you a few minutes and is completely anonymous. **Natural England are interested in learning about how our projects and activities may benefit your wellbeing. This will inform the work we do.**

Using and Sharing Your Information

The data controller is Natural England at: Foss House, Kings Pool, 1-2 Peasholme Green, York, YO1 7PX. Send questions about how Natural England uses your personal data and your associated rights to the Natural England Data Protection Manager at foi@naturalengland.org.uk or: Natural England, County Hall, Spetchley Road, Worcester, WR5 2NP.

The Data Protection Officer for the Department for Environment, Food and Rural Affairs (Defra) group is responsible for checking that Natural England complies with legislation. You can contact them at DefraGroupDataProtectionOfficer@defra.gov.uk or: Department for Environment, Food and Rural Affairs, SW Quarter, 2nd floor, Seacole Block, 2 Marsham Street, London SW1P 4DF.

No personal information that will identify you is collected however the form will ask for your: Age category, Gender, First part of postcode, Ethnicity, Office for National Statistics Wellbeing questions, Nature connectedness questions, creation of unique reference.

The legal basis for processing your personal data is the consent you give by completing the exit questionnaire.

The processing of your personal data is based on consent. You can withdraw consent up to 2 weeks after completing the form by emailing evaluation@naturalengland.org.uk

Your personal information will not be shared. The results of the survey will be anonymised and will only be shared as a summarised data.

Natural England respects your personal privacy when responding to access to information requests. We only share information when necessary to meet the statutory requirements of the Environmental

Information Regulations 2004 and the Freedom of Information Act 2000.

Natural England will not be holding any of your personal data.

* Required

1

Do you agree to participate in the survey and to the use of your survey responses as described above? *

☐ Yes

☐ No

2

Unique project code *

Ask your project leader for the code.

3

Date Completed *



4

Participant Unique Reference *

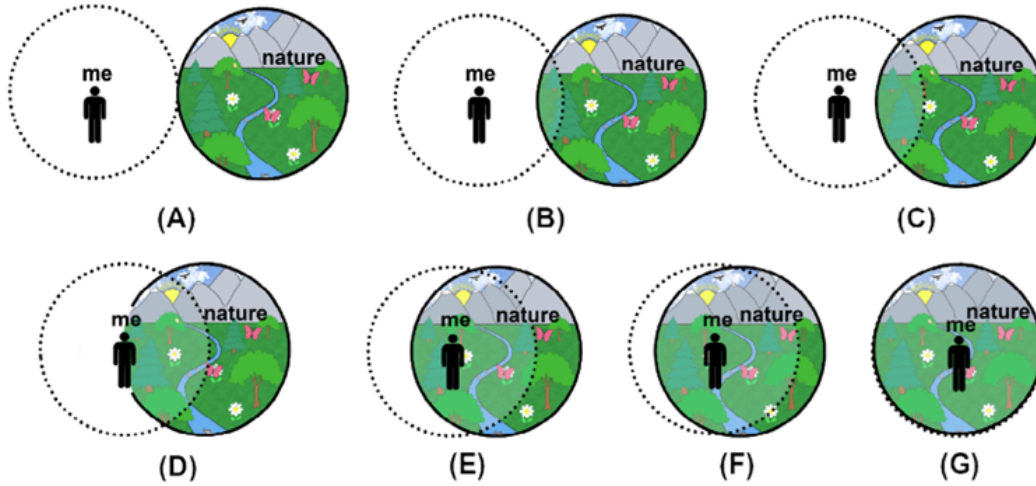
This is the last three letters of your surname and last two numbers of phone number.
For example; Joe Bloggs with the phone number 07980222290 would be GGS90

5

At what stage are you completing this survey? *

- ☐ I'm completing this at the start of the activity/course
- ☐ I'm completing this at the end of the activity/course

How connected do you feel to nature? Please choose the picture that best describes your relationship to nature. *



☐ A

☐ B

☐ C

☐ D

☐ E

☐ F

☐ G

Which age category are you in? *

☐ 18 - 19

☐ 20 - 24

☐ 25 - 29

☐ 30 - 34

☐ 35 - 39

☐ 40 - 44

☐ 45 - 49

☐ 50 - 54

☐ 55 - 59

☐ 60 - 64

☐ 65 - 69

☐ 70 - 74

☐ 75 - 79

☐ 80 - 84

☐ 85 - 89

☐ 90 - 94

☐ Other

8

What gender do you identify as? *

- ☐ Female
- ☐ Male
- ☐ Prefer not to say
- ☐ Other

9

Ethnicity *

- ☐ Asian or Asian British
- ☐ Black, Black British, Caribbean or African
- ☐ Mixed or multiple ethnic groups
- ☐ White
- ☐ Prefer not to say
- ☐ Other

10

Postcode (First Part) *

Only the outward part of your postcode is required. This is everything before the space. For example; PO1 3AX would be PO1

11

Do you have any physical or mental health conditions or illnesses lasting or expected to last for 12 months or more? *

- ☐ Yes
- ☐ No
- ☐ Don't know
- ☐ Prefer not to say

12

Does your condition or illness reduce your ability to carry-out day-to-day activities? *

- ☐ Yes, a lot
- ☐ Yes, a little
- ☐ Not at all
- ☐ Prefer not to say

13

How did you find out about this activity? *

- ☐ GP
- ☐ Link Worker
- ☐ Mental Health Trust
- ☐ Voluntary Organisation
- ☐ Friend
- ☐ Family
- ☐ Advert/Social Media
- ☐ Other

14

I feel that taking part in this activity will be helpful for my wellbeing. *

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

15

How many times, if at all, did you visit green and natural spaces **in the last 14 days.** *

This includes any visits to...

- green spaces in towns and cities (e.g. parks, canals)
 - the countryside (e.g. farmland, woodland, hills and rivers).
 - the coast (e.g. beaches, cliffs) and activities in the open sea
- Do include - visits of any duration (including short trips to the park etc.)

DO NOT include...

- time in your garden
- time outside as part of your job
- time spent outside the UK

Please type in a number below. Use 0 if you didn't take any of these visits. If unsure please estimate.

The value must be a number

Your feedback on the activity.

16

I have enjoyed taking part in the activity *

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

17

What would make it more enjoyable?

18

What would make it easier to attend?

19

Will you do anything different as a result of taking part in this activity/project? *

- ☐ Yes
- ☐ No
- ☐ Not sure

20

What will you do differently?

I am taking more time to notice and engage with everyday nature (e.g. listening to birdsong, noticing butterflies) *

- ☐ 1 - Completely disagree
- ☐ 2 - Strongly disagree
- ☐ 3 - Disagree
- ☐ 4 - Neither agree nor disagree
- ☐ 5 - Agree
- ☐ 6 - Strongly agree
- ☐ 7 - Completely agree

This question is about you and nature.

By nature, we mean all types of natural environment and all the plants and animals living in them. Nature can be close to where you live in towns, the countryside, or wilderness areas further away.

22

I feel part of nature *

- ☐ 1 - Completely disagree
- ☐ 2 - Strongly disagree
- ☐ 3 - Disagree
- ☐ 4 - Neither agree nor disagree
- ☐ 5 - Agree
- ☐ 6 - Strongly agree
- ☐ 7 - Completely agree

These questions are about how you feel now

These four questions are about your feelings on aspects of your life. There are no right or wrong answers. For each of these questions I'd like you to give an answer on a scale of 0 to 10, where 0 is "not at all" and 10 is "completely".

23

Overall, how satisfied are you with your life nowadays? *

0	1	2	3	4	5	6	7	8	9	10
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Not at all

Completely

24

Overall, to what extent do you feel that the things you do in your life are worthwhile? *

0	1	2	3	4	5	6	7	8	9	10
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Not at all

Completely

25

Overall, how happy did you feel yesterday? *

0	1	2	3	4	5	6	7	8	9	10
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Not at all

Completely

Overall, how anxious did you feel yesterday? *

0	1	2	3	4	5	6	7	8	9	10
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Not at all

Completely

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