

Participant ID		Fieldworker initials		Date	--/--/----
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ELLY measurements and engagement questionnaire



12 weeks: ELLY measurements and engagement questionnaire

Participant ID	
Researcher name	
Today's date	<div>-- -- / -- -- / -- -- -- --</div> <div>e.g. 05 / 01 / 2021</div>

- Note for interviewer: Determine participant preference for completion:
- a. (preferred) To complete questionnaire themselves (with interviewer just checking complete at end)
 - b. To have questions read to them and interviewer record responses

Participant ID		Fieldworker initials		Date	__/__/____
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Measurements

Measurements (please tick)		
Which weight measure do you prefer?	<input type="checkbox"/> Kg	<input type="checkbox"/> Stones/lbs

	Measure 2 (12 weeks)	Participant Initials	Notes
Weight (kg)	_____._____ kg _____ st _____._____ lbs		
Height as recorded at baseline (cm) (transfer over)	_____._____		
BMI*(Kg/m²)	_____._____ kg/m²		

Participant ID		Fieldworker initials		Date	--/--/----
----------------	--	----------------------	--	------	------------

Engagement in local activities

Please indicate (with a tick) how often you attend the following types of activities in the last 12 weeks?

	0-1 over 12 weeks	2-4 over 12 weeks	3-5 over 12 weeks	6+ over 12 weeks
Arts & crafts activity				
Physical Activity group				
Nutrition related group				
Social related group				
Other (please specify)				

Please tick the box that best describes your experience of attending local activities as part of the ELLY project.	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree	Not relevant
I attended more activities during the project than I did before the project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I attended new activities during the project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the last 12-weeks I attended new local activities in addition to the ones on the "what's on" sheet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel more interested in trying out new activities as a result of the ELLY Project.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The activities helped me achieve the PERSONAL goal I set at the start of the ELLY project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The activities helped me achieve the WEIGHT goal I set at the start of the ELLY project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Participant ID		Fieldworker initials		Date	__/__/____
----------------	--	----------------------	--	------	------------

The activities helped me achieve the WELLBEING goal I set at the start of the ELLY project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I made new friends as a result of the activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The activities helped me feel more part of my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel like the activities kept me motivated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel the activities were an important part of the ELLY project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you disagreed with any of the statements above, we would be interested to hear why

If you answered not relevant to any of the questions above, we would be interested to hear why it was not relevant

In summary, how best would you describe your experience of taking part in the activities?

Is there anything else about the activities you would like to share with us? (e.g. if you answered strongly disagree to any of the above you might like to share alternatives or suggestions for improvements)

Participant ID		Fieldworker initials		Date	--/--/----
----------------	--	----------------------	--	------	------------

ELLY Loyalty card and reward

Please tick the box that best describes your experience of the loyalty card and reward as part of the ELLY project.	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree	Not relevant
I think the reward was an appropriate amount	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think the timing of the reward was appropriate (at the end of the 12-weeks)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The loyalty card and reward helped me achieve the PERSONAL goal I set at the start of the ELLY project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The loyalty card and reward helped me achieve the WEIGHT goal I set at the start of the ELLY project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The loyalty card and reward helped me achieve the WELLBEING goal I set at the start of the ELLY project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I made new friends as a result of the loyalty card and reward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The loyalty card and reward made me feel more part of my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel like the loyalty card and reward kept me motivated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel the loyalty card and reward were an important part of the ELLY project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you disagreed with any of the statements above, we would be interested to hear why

If you answered not relevant to any of the questions above – we would be interested to hear why it was not relevant

In summary, how best would you describe your experience of the loyalty card and reward?

Participant ID		Fieldworker initials		Date	--/--/----
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Is there anything else about the loyalty card and reward you would like to share with us?
(e.g. if you answered strongly disagree to any of the above you might like to share alternatives or suggestions for improvements)

ELLY SOUP

If you took up the offer of soup twice a week, how did you get your soup? (please tick all that apply)

Sit in at café, twice weekly	
Collect soup twice weekly from cafe	
Collect 2 portions of soup once a week from cafe	
Delivered to house	
Other (please state)	

Please tick the box that best describes your experience of the twice weekly free soup you received as part of the ELLY project.	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree	Not relevant
Getting soup twice a week was very convenient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The twice weekly soup helped me achieve the PERSONAL goal I set at the start of the ELLY project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The twice weekly soup helped me achieve the WEIGHT goal I set at the start of the ELLY project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The twice weekly soup helped me achieve the WELLBEING goal I set at the start of the ELLY project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I made new friends as a result of ELLY soup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ELLY soup made me feel more part of my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel like ELLY soup kept me motivated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel ELLY soup was an important part of the ELLY project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Participant ID		Fieldworker initials		Date	--/--/----
----------------	--	----------------------	--	------	------------

I made new friends as a result of the twice weekly soup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The twice weekly soup helped me feel more part of my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel the twice weekly soup was an important part of the ELLY project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you disagreed with any of the statements above, we would be interested to hear why

If you answered not relevant to any of the questions above – we would be interested to hear why it was not relevant

In summary, how best would you describe your experience of the ELLY soup twice weekly

Is there anything else about the ELLY twice weekly soup you would like to share with us? (e.g. if you answered strongly disagree to any of the above you might like to share alternatives or suggestions for improvements)

ELLY project overall

What aspects of the project do think were particularly successful?

What aspects of the project were challenging or unsuccessful?

Participant ID		Fieldworker initials		Date	--/--/----
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What would you suggest could improve the project for future participants?

Thinking about the goals you set, what are your thoughts on where you are with these now?

In summary, how best would you describe your experience of taking part in ELLY?

Is there anything else about ELLY you would like to share with us?

Thank you for your time completing this questionnaire.
Your feedback is really important to us and will help shape future projects.