**Baseline Registration Form**

NEED AN ALTERNATIVE FORMAT? CONTACT: 01392 925150 or [CAN@activedevon.org](mailto:CAN@activedevon.org)

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| **CAN Project you are joining: Yoga &Mindfulness** | **Date: 7.01.2021** |
| **What or who inspired you to join?** | **I am a CAN Volunteer Y/N** |

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| **Data Consent:** |
| We need to collect some basic information about everyone taking part in CAN projects to ensure that we are reaching and helping the people it is meant to benefit. Your sharing of this information is voluntary, but will be very useful in helping us achieve our objectives.  Active Devon only share personal information with the CAN partner delivering and evaluating the project in which you participate, for the sole purpose of supporting your effective and safe participation. Your personal data will only be used in accordance with our privacy notice which you can read at www.activedevon.org/Privacynotice. |
| **Please circle**   * I have read and I am satisfied that I understand the CAN Data Consent **YES/NO** * I agree to allow Active Devon and organisations involved in delivering the CAN   project to hold my personal information on the basis stated in the CAN Data Consent **YES/NO**   * I am happy to be contacted by Active Devon with relevant information and opportunities **YES/NO** * I agree to any photos and video footage of me to be used by Age UK Devon, Active Devon and any CAN partners for promotional purposes **YES/NO** |

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| **Follow up evaluation and Prize Draw entry**  You will be contacted to complete a simple follow up survey on 3 occasions. This is so we can evaluate the project, understand how it helps you and make it better in the future. The responses are anonymised prior to analysis. Each time you complete the simple survey you will be entered into a prize draw to win a £25.00 voucher as a thank you for helping us evaluate the CAN Project. |
| **Please circle**   * I am happy to be contacted with the CAN follow up surveys **YES/NO** |

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| **My full name:** |  |

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| **My full Postcode:** |  |

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| **My email:** |  |

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| **My mobile:** |  |

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| **My other phone number:** |  |

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| **What is your year of birth?** |  |

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| **What is your sex?** | **Please Circle**  Female Male Other Prefer not to say |

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| **Which of the following best describes your ethnic group or background? Please circle** |
| White Mixed Asian or Asian British Black or Black British Other Ethnic Group |

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| **At what age did you leave full time education?** |  |

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| **Do you have any physical or mental health conditions or illnesses that have lasted or are expected to last more than 12 months or more? Please circle** |
| Yes No Prefer not to say |

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| **If yes, do these physical or mental health conditions or illnesses have a substantial effect on your ability to do normal daily activities? Please circle** |
| Yes No Prefer not to say N/A |
| Mobility Dexterity Long term pain Chronic health condition  Mental Health Visual Hearing Learning  Breathing Memory Speech Behavioural Other - *Please explain:* |

**Relationship to the natural environment (all responses are anonymised):**

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| **Your connection with nature:**  (By a 'natural environment' we mean ANY natural green/blue space, including town parks and gardens. These may be on your doorstep, in your area, or further afield)  Please rate yourself against each statement by circling the number that best applies to you, where 1 is Strongly Disagree and 7 is Strongly Agree |
| I always find beauty in nature 1 2 3 4 5 6 7  I always treat nature with respect 1 2 3 4 5 6 7  Being in nature makes me very happy 1 2 3 4 5 6 7  Spending time in nature is very important to me 1 2 3 4 5 6 7  I find being in nature really amazing 1 2 3 4 5 6 7  I feel part of nature 1 2 3 4 5 6 7 |

**Level of physical activity (all responses are anonymised):**

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| **In the past 7 days, on how many days did you do a walk lasting at least ten minutes?**  ***Circle ONE only***  No walking 1 day in the last week  2 days in the last week 3 days in the last week  4 days in the last week 5 days in the last week  6 days in the last week 7 days in the last week |
| **How much time did you usually spend walking on each day that you did the activity?** Hours per day: Minutes per day: |
| **Was the effort you put into walking usually enough to raise your breathing rate?**  **Please circle** Yes No |

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| **In the past 7 days, on how many days did you do a cycle ride**?  ***Circle ONE only***  No cycle ride 1 day in the last week  2 days in the last week 3 days in the last week  4 days in the last week 5 days in the last week  6 days in the last week 7 days in the last week |
| **How much time did you usually spend cycling on each day that you did the activity?** Hours per day: Minutes per day: |
| **Was the effort you put into cycling usually enough to raise your breathing rate?**  **Please circle** Yes No |

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| **In the past 7 days, on how many days did you do a sport, fitness activity (such as gym or fitness classes), or dance?** ***Circle ONE only***  No sport/fitness 1 day in the last week  2 days in the last week 3 days in the last week  4 days in the last week 5 days in the last week  6 days in the last week 7 days in the last week |
| **How much time did you usually spend doing sport/fitness on each day that you did the activity?** Hours per day: Minutes per day: |
| **Was the effort you put into the sport/fitness usually enough to raise your breathing rate? Please circle** Yes No |

**Mental Wellbeing (all responses are anonymised):**

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| Below are some statements about feelings and thoughts.  Please rate yourself against each statement by circling the answer that best applies to you for **each** question. |
| **I’ve been feeling optimistic**  None of Rarely Some of Often All of  **about the future**  the time the time the time  **I’ve been feeling useful**  None of Rarely Some of Often All of  the time the time the time  **I’ve been feeling relaxed** None of Rarely Some of Often All of  the time the time the time  **I’ve been dealing with** None of Rarely Some of Often All of  **problems well** the time the time the time  **I’ve been thinking clearly** None of Rarely Some of Often All of  the time the time the time  **I’ve been feeling close to**  None of Rarely Some of Often All of  **other people** the time the time the time  **I’ve been able to make up** None of Rarely Some of Often All of  **my own mind about things** the time the time the time |

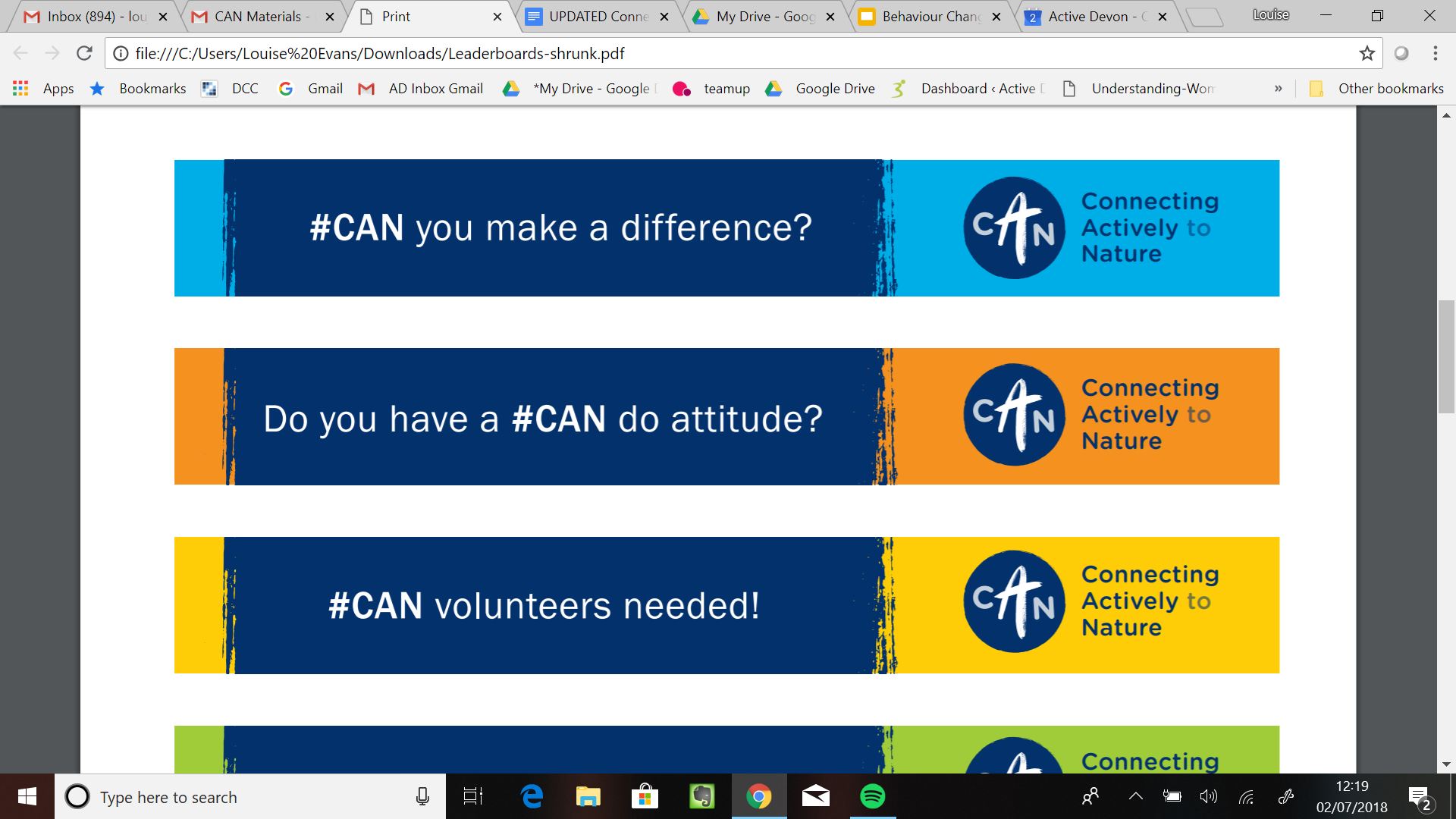
**Individual Development (all responses are anonymised):**

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| **Statement** Please rate yourself against the statement by circling the answer that best applies to you  where 1 is Strongly disagree and 7 is Strongly agree |
| To what extent do you agree with the statement 1 2 3 4 5 6 7  **‘I can achieve most of the goals I set myself?’** |

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| **Is this the first time you have completed a CAN registration form?** **Circle only one answer** |
| Yes No |

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| **Any other comments about this project?** |
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**THANK YOU**

**All your answers are important and will be used to help us understand and improve all our Connecting Actively to Nature projects and events, for you and your fellow participants**