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**Well-being Pack**

**Feedback Form**

We would love your feedback on our new well-being pack and how you are finding/have found the virus-related social regulations.

Please take the time to complete this short survey to help us develop future packs.

***Please tick***

1. Did you enjoy our Well-Being pack? A lot A little Not at all
2. What were your favourite parts? (tick any 3)

Newsletter section - ‘Move’

Newsletter section - ‘Nourish’

Newsletter section - ‘Think’

Newsletter section - ‘Enjoy’

Newsletter section - ‘Calm’

Newsletter section - ‘Getting through this together’

Newsletter section –Hospital Transport Support Service Highlight

Other – please state ­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How do you think the Well-being Pack could be improved?

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1. Was it clear and easy to read? Yes No

*If No, what should we change?* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Would you like to receive our Newsletter updates? Yes No

*(If ‘Yes’ please give your consent at the end of this Form)*

**Get Involved:**

1. Would you consider
   1. Joining a group by telephone
   2. Joining a group on Zoom
   3. One to one telephone friendships
   4. Join a letter writing group
2. Creative

Do you have a hobby or skill you would like to share with others? i.e knitting, crochet, modelling, woodwork, rock painting, card making

1. What could we do to help you adjust to new ways of living?

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1. Do you have email address to receive an online copy? Yes No
2. Do you use the internet, if so, what for? *(tick all that apply)*

Keeping in touch with friends and family Yes No

Shopping Yes No

Groups and Forums Yes No

Other: please give brief details \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Yes No

**Can we have your consent to contact you again?**

I agree that Age UK Wakefield District can record personal Yes No

information about me.

I understand that I can request a copy of the personal information Yes No

held about me free of charge and that you will supply this within

28 days.

I would like you to include me when sending out information

about Age UK Wakefield District services and events. by post by email

Please enter your details below:

**Name** …………………………………………………………………………………………………..

**Address**………………………………………………………………………………………………..

…………………………………………………………………………………………………………….

**Postcode**………………………………………………………………………………………………

**Telephone Number** ………………………………………………………………………………

**Email address**………………………………………………………………………………………..

*Please use the enclosed freepost envelope to return the completed Form*

*Thank you for your time and please contact us for any further information or support.*

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