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SUPPLEMENTARY FILE 3: QUESTIONS USED TO CAPTURE PARTICIPATION IN WELL LONDON AND SIMILAR ACTIVITIES IN THE INTERVENTION AND CONTROL AREAS

Intervention Area Questions

Have you heard of the Well London programme?

☐ Yes
☐ No
☐ Not sure
☐ Prefers not to say

Looking at this list of activities which have been happening in your local area over the last 3 years, for each one please can you tell me whether you have heard of the activity? [TICK ALL THAT APPLY]

☐ Physical activity-‘Activate London’, sports (football, basketball); Relaxation (yoga, tai-chi); Walking; Cycling
☐ Healthy Eating-Eatwell (Cook & Eat; Cook and Taste; Cook, Grow and Eat); Community Feasts; Food Buying Schemes (Food Co-op; Mobile food stores or Food box scheme)
☐ Mental Wellbeing-DIY Happiness; Mental Wellbeing Impact Assessment; Changing Minds
☐ Arts-‘Be Creative, Be Well’
☐ Healthy Spaces/Open Spaces-Community Garden/Allotments; Park Regeneration; Other (window-boxes)
☐ Training-‘Training Communities’, Youth Ambassadors/Activators; Personal Support Packages; Health Training for WLDT
☐ Volunteering Activities-Well London Delivery Team; Other volunteering
☐ Other Well London Activities-Video workshops; Community cafés; Wellnet shared learning workshops & website
☐ None of these

Have you participated in any of the Well London activities?

☐ Yes
☐ No
☐ Not sure
☐ Prefers not to say

Looking at this list, in which Well London activities did you participate? [TICK ALL THAT APPLY]

☐ Physical activity-‘Activate London’, sports (football, basketball); Relaxation (yoga, tai-chi); Walking; Cycling
☐ Healthy Eating-Eatwell (Cook & Eat; Cook and Taste; Cook, Grow and Eat); Community Feasts; Food Buying Schemes (Food Co-op; Mobile food stores or Food box scheme)
☐ Mental Wellbeing-DIY Happiness; Mental Wellbeing Impact Assessment; Changing Minds
☐ Arts-‘Be Creative, Be Well’
☐ Healthy Spaces/Open Spaces-Community Garden/Allotments; Park Regeneration; Other (window-boxes)
☐ Training-‘Training Communities’, Youth Ambassadors/Activators; Personal Support Packages; Health Training for WLDT
☐ Volunteering Activities - Well London Delivery Team; Other volunteering
☐ Other Well London Activities - Video workshops; Community cafés; Wellnet shared learning workshops & website

Please could you tell me how many sessions you attended?

<table>
<thead>
<tr>
<th>Activity</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical activity - ‘Activate London’, sports (football, basketball); Relaxation (yoga, tai-chi); Walking; Cycling</td>
<td></td>
</tr>
<tr>
<td>Healthy Eating - Eatwell (Cook &amp; Eat; Cook and Taste; Cook, Grow and Eat); Community Feasts; Food Buying Schemes (Food Co-op; Mobile food stores or Food box scheme)</td>
<td></td>
</tr>
<tr>
<td>Mental Wellbeing - DIY Happiness; Mental Wellbeing Impact Assessment; Changing Minds</td>
<td></td>
</tr>
<tr>
<td>Arts - ‘Be Creative, Be Well’</td>
<td></td>
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<tr>
<td>Healthy Spaces/ Open Spaces - Community Garden/ Allotments; Park Regeneration; Other (window-boxes)</td>
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</tr>
<tr>
<td>Other Well London Activities - Video workshops; Community cafés; Wellnet shared learning workshops &amp; website</td>
<td></td>
</tr>
</tbody>
</table>

Has anyone else in your household participated in any of the Well London activities?
☐ Yes
☐ No
☐ Don’t know
☐ Prefers not to say

Did you receive an Active Living Map?
This is a map, which shows health eating, physical activity and wellbeing facilities in your area.
☐ Yes
☐ No
☐ Don’t know

Did you use the Active Living Map?
☐ Yes
During the last 4 years, have you participated in or volunteered in any other (other than Well London) local group or community activities? Tell me all activities you can remember.

Details

During the last 3 years did you participate in any activities with a Healthy Eating theme?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in any activities with a sport or physical exercise theme?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in any activities with mental health or wellbeing theme?

- Yes
- No
- Not sure
- Prefers not to say
During the last 3 years did you participate in any activities involving community gardening or outdoor spaces?
- Yes
- No
- Not sure
- Prefers not to say

During the last 3 years did you participate in Arts and crafts or other creative activities?
- Yes
- No
- Not sure
- Prefers not to say

During the last 3 years did you participate in any other local group or community activities?
- Yes
- No
- Not sure
- Prefers not to say
Control Area Questions

Have you heard of the Well London programme?

☐ Yes
☐ No
☐ Not sure
☐ Prefers not to say

Have you participated in any of the Well London activities?

☐ Yes
☐ No
☐ Not sure
☐ Prefers not to say

This section is about your participation or volunteering in local community activities during the last 3 years. Tell me all activities you can remember.

During the last 3 years did you participate in any activities with a Healthy Eating theme?

☐ Yes
☐ No
☐ Not sure
☐ Prefers not to say

Details

During the last 3 years did you participate in any activities with a sport or physical exercise theme?

☐ Yes
☐ No
☐ Not sure
☐ Prefers not to say

Details
During the last 3 years did you participate in any activities with mental health or wellbeing theme?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in any activities involving community gardening or outdoor spaces?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in Arts and crafts or other creative activities?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in any other local group or community activities?

- Yes
- No
☐ Not sure
☐ Prefers not to say

Details