Phillips, G; Bottomley, C; Schmidt, E; Tobi, P; Lais, S; Yu, G; Lynch, R; Lock, K; Draper, A; Moore, D; +4 more... Clow, A; Petticrew, M; Hayes, R; Renton, A; (2014) Measures of exposure to the Well London Phase-1 intervention and their association with health well-being and social outcomes. Journal of epidemiology and community health, 68 (7). pp. 597-605. ISSN 0143-005X DOI: https://doi.org/10.1136/jech-2013-202507

Downloaded from: http://researchonline.lshtm.ac.uk/1848636/

DOI: https://doi.org/10.1136/jech-2013-202507

Usage Guidelines:

Please refer to usage guidelines at https://researchonline.lshtm.ac.uk/policies.html or alternatively contact researchonline@lshtm.ac.uk.

Available under license: http://creativecommons.org/licenses/by-nc-nd/2.5/
**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
Please could you tell me how many sessions you attended?

<table>
<thead>
<tr>
<th>Activity</th>
<th>Count</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>
</tr>
<tr>
<td>Healthy Spaces/Open Spaces—Community Garden/Allotments; Park Regeneration; Other (window-boxes)</td>
<td></td>
</tr>
<tr>
<td>Training—‘Training Communities’, Youth Ambassadors/Activators; Personal Support Packages; Health Training for WLDT</td>
<td></td>
</tr>
<tr>
<td>Volunteering Activities—Well London Delivery Team; Other volunteering</td>
<td></td>
</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