

## Arts-based learning and active ageing survey

### Introduction

This is a short survey from **Voluntary Arts**, the national organisation that promotes creative cultural activity. The survey is part of a European partnership project called **Art-Age**, which is concerned with 'arts-based learning and active ageing'.

When we say 'art-based learning' we don't just mean acquiring knowledge through the arts; we're also using 'learning' to refer to the way in which participating in art or craft activities can help you develop your capacity for things like happiness, enjoyment and personal self-expression.

We believe that everyone should be able to access art or craft opportunities, not just because they are 'good for you' or 'good for society', but because creativity is fundamental to what it is to be human... whatever age you might be. This idea of being creative as you get older, along with physical exercise and mental stimulation, is what we mean when we say 'active ageing'.

To help us with the project, we would be most grateful if you could take about ten or fifteen minutes to answer the following questions relating to your involvement in art or craft activities. This is totally anonymous, and your responses won't be attributable to you after you submit the form.

---

### 1. Gender (*tick one box*)

<i>Male</i>	<i>Female</i>	<i>Prefer not to say</i>

### 2. Age group (*tick one box*)

<i>Under 50</i>	<i>50 to 59</i>	<i>60 to 69</i>	<i>70 to 79</i>	<i>80 or older</i>	<i>Prefer not to say</i>

### 3. Work (*tick one box*)

<i>Retired</i>	<i>Working part time (paid or voluntary)</i>	<i>Working full time (paid or voluntary)</i>	<i>Unemployed</i>	<i>In full time education</i>	<i>Other / prefer not to say</i>

**4. Current or recent arts activities** (tick as many boxes as are relevant)

<i>I am part of an organised arts or crafts group/class that <u>meets regularly</u></i>	<i>I have recently taken part in a organised <u>one-off</u> arts or crafts activity</i>	<i>I do arts or crafts for pleasure <u>on my own</u></i>	<i>I <u>organise or help organise</u> arts or crafts activities with other people</i>	<i>I am a <u>professional artist or craftsperson</u></i>
<i>Please could you describe in a few words the arts activities you are currently, or have recently been, involved in?</i>				

**5. Creative background** (tick one box)

<i>I have participated in arts and crafts throughout my life</i>	<i>I have appreciated arts and crafts my whole life but only started participating in them in later life</i>	<i>I have had little interest in arts and crafts until participating in them in later life</i>
<i>Please feel free to add any details...</i>		

**Please read the following statements and tick the box that most closely describes the effect that participating in arts or crafts has had on you...**

**6. It has made me generally happier, not just during the moments I am participating** (tick one box)

<i>Strongly agree</i>	<i>Agree</i>	<i>No opinion</i>	<i>Disagree</i>	<i>Strongly disagree</i>
<i>Please give details...</i>				

**7. It has helped me feel better able to express myself (tick one box)**

<i>Strongly agree</i>	<i>Agree</i>	<i>No opinion</i>	<i>Disagree</i>	<i>Strongly disagree</i>
<i>Please give details...</i>				

**8. It has improved my self-esteem and feeling of self-worth (tick one box)**

<i>Strongly agree</i>	<i>Agree</i>	<i>No opinion</i>	<i>Disagree</i>	<i>Strongly disagree</i>
<i>Please give details...</i>				

**9. It has improved my... (tick one box in each row)**

<b>a) ...ability to reason and think logically</b>				
<i>Strongly agree</i>	<i>Agree</i>	<i>No opinion</i>	<i>Disagree</i>	<i>Strongly disagree</i>
<b>b) ...memory</b>				
<i>Strongly agree</i>	<i>Agree</i>	<i>No opinion</i>	<i>Disagree</i>	<i>Strongly disagree</i>
<b>c) ...ability to connect with my emotions</b>				
<i>Strongly agree</i>	<i>Agree</i>	<i>No opinion</i>	<i>Disagree</i>	<i>Strongly disagree</i>
<b>d) ...imagination</b>				
<i>Strongly agree</i>	<i>Agree</i>	<i>No opinion</i>	<i>Disagree</i>	<i>Strongly disagree</i>
<i>Please give details...</i>				

**10. It has made me want to have more new experiences (tick one box)**

<i>Strongly agree</i>	<i>Agree</i>	<i>No opinion</i>	<i>Disagree</i>	<i>Strongly disagree</i>
<i>Please give details...</i>				

**11. It has made me feel more in control of certain aspects of my life (tick one box)**

<i>Strongly agree</i>	<i>Agree</i>	<i>No opinion</i>	<i>Disagree</i>	<i>Strongly disagree</i>
<i>Please give details...</i>				

**12. It has increased my appreciation of what I think is 'good' art/craft/performance etc. (tick one box)**

<i>Strongly agree</i>	<i>Agree</i>	<i>No opinion</i>	<i>Disagree</i>	<i>Strongly disagree</i>
<i>Please give details...</i>				

**13. It has allowed me to meet new people and feel more connected to my local community (tick one box)**

<i>Strongly agree</i>	<i>Agree</i>	<i>No opinion</i>	<i>Disagree</i>	<i>Strongly disagree</i>
<i>Please give details...</i>				

**14. It has improved my quality of life (tick one box)**

<i>Strongly agree</i>	<i>Agree</i>	<i>No opinion</i>	<i>Disagree</i>	<i>Strongly disagree</i>
<i>Please give details...</i>				

**15. Is there anything about these questions that you have disagreed with or felt uncomfortable about? Please let us know so that we can improve it...**

<i>Please give details...</i>

**16. Is there anything else you'd like to tell us that you think might be relevant...?**

<i>Please give details...</i>

**Many thanks for taking part!**

***Please return this form to:***

*Daniel Carpenter, Voluntary Arts, 121 Cathedral Road, Pontcanna, Cardiff CF11 9PH  
or by email to [daniel@voluntaryarts.org](mailto:daniel@voluntaryarts.org).*



*Voluntary Arts is registered in Scotland as Voluntary Arts Network Charity No. SC 020345 and Company No. 139147. Registered address: 54 Manor Place, Edinburgh EH3 7EF. Voluntary Arts acknowledges funding from the Arts Councils of England, Northern Ireland and Wales and Creative Scotland.*