

## Cotmanhay Conversations – Walk Derbyshire Active Neighbourhood Pilot



Parkside High are working with Walk Derbyshire and other local partners to research & understand what walking means to you, in and around Cotmanhay.

“We want to know about everyday walking in and around Cotmanhay. Please tell us about your experiences.”

You will be entered into a prize draw on completion of this survey for £25 in high street vouchers!

You can also complete this survey online – scan the QR code or visit this link:

<https://forms.office.com/r/4VRujq5mHD>



1. What is your postcode?	
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2. What is your gender?

Male	<input type="checkbox"/>	Female	<input type="checkbox"/>	Prefer not to say	<input type="checkbox"/>
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3. What is your age group?

Under 11	<input type="checkbox"/>	12 - 19	<input type="checkbox"/>	20 - 29	<input type="checkbox"/>	30 - 39	<input type="checkbox"/>
40 - 49	<input type="checkbox"/>	50 - 59	<input type="checkbox"/>	60 - 69	<input type="checkbox"/>	70+	<input type="checkbox"/>

4. Are your day to day activities limited due to a health problem or disability that has lasted or is expected to last at least 12 months?

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
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5. Do you use a walking aid?

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
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6. Are you employed?

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
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7. Why do you usually walk?

Work/School/ Other		Leisure/ Fun		Tasks (shopping, walk the dog etc)		Don't Walk		Other	
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8. Do you walk more or less than ten minutes per day?

More		Less	
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9. Where do you walk?

10. What do you like about walking in and around Cotmanhay?

11. Does anything stop you from walking in and around Cotmanhay?

12. What would help you to walk more in and around Cotmanhay?

13. Benefits of walking – Walking helps me to:

Clear my head?		Connect with nature?		Keep fit?		Make/meet friends?		Other	
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14. What else would you like to share with us?

Would you like to be kept up to date about future developments?

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
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If you answered yes please Leave your details below.

Name	
Address	
Postcode	
Phone	
Email	

Thank You for taking the time to complete this survey. Please place in the box or return it to The POD, 17 Summerfields Way South, Ilkeston, Derbyshire DE7 9JJ.

If you would like to contact us or require any further information please email: [walking.cotmanhay@parksidehigh.co.uk](mailto:walking.cotmanhay@parksidehigh.co.uk) or visit us at [www.parksidehigh.co.uk](http://www.parksidehigh.co.uk)

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