

# Morelife

The power to be more you



## Bedfordshire & Milton Keynes **Excellent Attendance Pack**

Hello!

A big congratulations on achieving 10 weeks of attendance at our Morelife Children and Young People and Families programme.



## Questionnaire for Parent or Guardian

As mentioned in the welcome pack. We would like you to fill in the same questionnaires that you and your child filled in at the start of the programme.

We would be grateful if you and your child could fill in the questionnaires below to help us measure their health and wellbeing.

Read the instructions for each questionnaire carefully.

The first questionnaire is for you as the parent or guardian to answer regarding your child's activities. Click [here](#) to be taken to the questionnaire.

1. Add details on your child who is completing the programme. Select 'They are at the END of the programme'.
2. On the next section, put a Y for any activities they have done in the past 7 days. Then how many times in the week, then the total number of hours or minutes spent. If they completed the activity on the weekend, enter it into the Sat-Sun box and how long spent.
3. For the other boxes put a N where they have not completed the activities.
4. When you get to question 7 you need to put the total hours spent for the week and total number for the weekend.
5. Then select previous page to go back to the previous page or select finish survey to complete it.
6. This should take you under 20 minutes to complete.

## Questionnaire for Children Aged 8+

The second questionnaire needs to be filled in by your child as best they can on their own. This questionnaire only needs to be completed if your child is aged 8 or above. This questionnaire is focusing on your child's thoughts and feelings. Click [here](#) to be taken to the questionnaire.

This questionnaire is confidential and if there is a question that your child does not want to answer they can miss it out.

1. Your child enters their details. if you are starting the programme select 'at the END of the programme'.
2. Q3. Select one box for each sentence. Say how much you agree or disagree with each of the sentences.
3. Move onto the second page. Select the drop down box and select one number for each question. These questions use a scale from 0 to 10. On this scale:
  - 0 means you feel very unhappy
  - 5 means that you feel neither happy nor unhappy
  - 10 means you feel very happy
4. Then select previous page to go back to the previous page or select finish survey to complete it.
5. This should take you less than 20 minutes to complete.

Please note, if you're having any problems filling these questionnaires in, let your practitioner know.

## Useful Websites and Apps

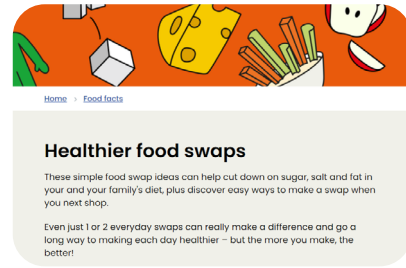
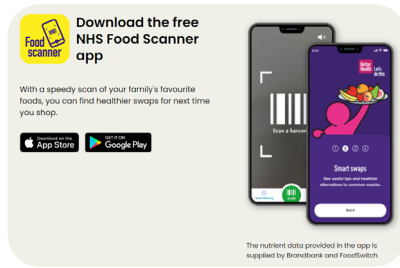
To continue making healthy lifestyle changes as a family, there are some brilliant, free, apps and websites available offering suggestions and advice, to make this as easy as possible.

If you haven't already, join us on Facebook. We have a closed Facebook group for parents and guardians to join for additional support. This is a great space where you can share and view recipes ideas, ways to keep active and how you are making healthy lifestyle changes. It's a supportive group where everyone encourages each other. Click [here](#) to be taken to the Facebook group page.

## NHS Food Scanner App

## NHS Healthier Food Swaps

Click the image below to download the app. Click the image below to go to its webpage.



## Other Services

Life can get difficult at times, and it's important to know there is support out there, and where you can access it. There are some amazing, **FREE** services tailored to children and young people and, also, ones specifically for parents/guardians.

## Support for Young People

Click an image to be taken to its webpage.



## Support for Parents

Click an image to be taken to its webpage.



Thank you for your excellent attendance, we hope to keep seeing you at our sessions!

