

About this survey

Roots & Growth is a group of Black Isle residents with a shared vision: to create a Centre of Holistic Health and Sustainability on a natural woodland site at Littleburn, Munlochy. The site is currently owned by Forestry and Land Scotland, and Roots & Growth has secured funding from the Scottish Land Fund to look into taking on the land and buildings, on behalf of the local community.

As we emerge from an unprecedented pandemic, we know that community, connection, creativity, nature, fulfilment, achievement, acceptance and hope can support people to heal and recover. Roots & Growth aims to create a space in nature where individuals, families and groups can grow, cook and eat together; take part in arts and crafts activities; share and learn skills; and promote positive mental health through holistic health and wellbeing activities and services. In this way, we will work towards a more resilient and sustainable future on the Black Isle

To ensure that the project has the support of our community and the potential to operate sustainably, we want to ask your views. Please take a few minutes to fill in this short survey.

To find out more about the project and discuss your ideas for the space, you can also sign up to our online open meeting on Wednesday 12th August at 5.30pm - click [here](#) to register.

This research is being delivered independently by Community Enterprise. If you have any difficulty completing this survey, please call Judith on 07927118995 or email judith@communityenterprise.co.uk

All information gathered will be confidential. All survey responses are recorded on Survey Monkey whose privacy policy can be viewed [here](#). Community Enterprise's privacy policy can be viewed [here](#).

1. Are you answering this survey as...?

- A resident of Munlochy, North Kessock or Knockbain Parish
- Someone who visits the area
- A resident of another part of the Black Isle
- A professional or worker with an interest in the area
- Someone who works in the area
- Other (please specify)

About the project and the community

2. What do you like about the Black Isle?

Please tick all that apply and add your own ideas:

- | | |
|--|---|
| <input type="checkbox"/> Sense of community | <input type="checkbox"/> Health and wellbeing opportunities |
| <input type="checkbox"/> Scenery and natural environment | <input type="checkbox"/> Sporting and outdoor activities |
| <input type="checkbox"/> Local facilities/amenities | <input type="checkbox"/> Opportunities to meet and socialise |
| <input type="checkbox"/> Work or study opportunities | <input type="checkbox"/> I don't like anything about the Black Isle |

What else do you like about the Black Isle?

3. What do you think are the most serious challenges on the Black Isle?

Please tick all that apply and add your own ideas:

- | | |
|---|---|
| <input type="checkbox"/> Lack of local facilities | <input type="checkbox"/> Lack of things to do |
| <input type="checkbox"/> Lack of learning and training opportunities | <input type="checkbox"/> Social isolation or loneliness |
| <input type="checkbox"/> Lack of employment and/or volunteering opportunities | <input type="checkbox"/> Mental and physical health |
| <input type="checkbox"/> No sense of community | <input type="checkbox"/> There are no challenges |

What other challenges are there?

4. Do you support Roots & Growth taking on the the woodland and buildings at Littleburn, Munloch on behalf of the community, and developing a holistic health and sustainability centre?

- Yes No Not sure

Please tell us why:

5. Which of the following activities would you be interested in participating in at the Holistic Health and Sustainability Centre?

Please tick all that apply:

- | | | |
|---|--|--|
| <input type="checkbox"/> Growing food and community gardening | <input type="checkbox"/> Yoga and Qigong | <input type="checkbox"/> Peer support and mentoring |
| <input type="checkbox"/> Community cooking and preserving | <input type="checkbox"/> Mending and repairing items | <input type="checkbox"/> Complementary health support /therapies |
| <input type="checkbox"/> Community meals | <input type="checkbox"/> A tool library | |
| <input type="checkbox"/> Art, craft and creativity workshops | <input type="checkbox"/> Workshops on rewilding and permaculture | |

Please add any other activities that you would be interested in:

6. If you ticked any of the activities above, please tell us whether you would be willing to pay to take part.

We are asking for this information as we need to consider how the Centre can cover its costs in the long term - but we are committed to ensuring the services provided are affordable and available to all in the community.

- Yes, I would be willing to pay No, services should be available for free/ a donation

If you would be willing to pay, please give more details:

7. How frequently do you think you would visit this Holistic Health and Sustainability Centre?

- | | |
|---|--|
| <input type="radio"/> Every day | <input type="radio"/> Once a month |
| <input type="radio"/> A few times a week | <input type="radio"/> Less than once a month |
| <input type="radio"/> About once a week | <input type="radio"/> Never |
| <input type="radio"/> A few times a month | |

8. How would you travel to the site at Littleburn in Munlochty?

Please select the main/most likely option:

- Car Public transport Taxi Bicycle Walk
 Other (please specify)

9. Please tell us whether you agree or disagree with the following statements:

Developing a woodland Holistic Health and Sustainability Centre will...

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
...help improve people's health and wellbeing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...help develop skills and knowledge for local people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...bring people of different generations together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...help people cope with stress, anxiety and improve their mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...support young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...protect and enhance our natural woodland	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

ROOTS & GROWTH

A Holistic Health and Sustainability Centre for the Black Isle

About you

The questions on this page are optional, but will help us to understand who has taken part in the survey. If there is any information you would prefer not to share, you can leave the questions blank.

10. Are you:

	0-17	18-25	26-45	46-65	65+
Male	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Female	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prefer not to say	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. If you are answering on behalf of a family or household, how many people (not including you) does this survey represent?

Number of adults aged 18 or over

Number of children aged 17 or under

12. Are you involved in any group or organisation that might be interested in working with us, delivering services from the Centre, or using space there?

- Yes No

If Yes, please tell us the name of the group or individual, and leave your contact details in the space at Q14 below. Please also tell us what your requirements would be to work with us (eg physical space requirements).

13. Your survey responses are anonymous; however, we are keen to build a database of people interested in this project. Please tick the appropriate box(es) below if you would like to be involved.

- I would like to be a member of Roots & Growth I would like to volunteer with the project
 I would like to join the board of Roots & Growth I would like to be kept up to date on what's happening

14. If you have ticked any of the boxes in Question 13, please leave your contact details below and tick all appropriate boxes to allow us to store your data and/or pass it on to Roots & Growth.

- I consent to Community Enterprise storing my personal details for a reasonable time.
 I consent to Community Enterprise contacting me about this project.
 I consent to Community Enterprise passing on my personal details to Roots & Growth.

Please leave contact details (phone and/or email)

15. Please use this space to add any final comments or thoughts.

Thanks for your time!

To find out more about the project and discuss your ideas for the space, you can also sign up to our online open meeting on Wednesday 12th August at 5.30pm - click [here](#) to register.

Please keep an eye on Roots & Growth's [Facebook page](#) for updates and other ways to get involved.