 Members’ Questionnaire

 RESULTS

 **May 2018** - 52 responses

|  |  |  |
| --- | --- | --- |
| **Age (yrs)** | **Number** |  **%** |
| **31 - 40** |  1 |  2 |
| **41 - 50** |  0 |  0 |
| **51 - 64** |  15 |  29 |
| **65 +**  |  35 |  67 |
| **Did not say** |  1 |  2 |
|  |  |  |
|  **Gender**  |  **Number** | **%** |
| **Female**  |  14 | 27 |
| **Male** |  38 | 73 |
|  |  |  |
| **Borough** | **Number** |  **%** |
| **Merton** |  29 |  56 |
| **Wandsworth** |  14 |  27 |
| **Sutton** |  4 |  8 |
| **Others** |  5 |  9 |
|  |  |  |
| **Ethnic origin** | **Number %** |
| **White – British/Irish** |  40 77 |
| **Mixed** |  1 2 |
| **Asian – Indian/Pakistani** |  10 19 |
| **Did not say** |  1 2 |
|  |  |
| **Length of attendance**  | **Number %** |
| **Less than 6 months** |  4 7 |
| **6 months - 2 years** |  21 41 |
| **2-5 years** |  12 23 |
| **6-10 years** |  9 17 |
| **More than 10 years** |  6 12 |
| **Employment Status**  | **Number %** |
| **Student** |  0 0 |
| **Employed** |  10 19 |
| **Self-Employed** |  7 13 |
| **Unemployed** |  1 2 |
| **Retired** |  31 60 |
| **Other** |  3 6 |

|  |  |
| --- | --- |
| **Housing Status** | **Number %** |
| **Homeowner/Occupier** |  46 88 |
| **Circle Housing/Merton Priory/Other Associations** |  2 4 |
| **Private Landlord** |  1 2 |
| **Homeless** |  0 0 |
| **Did not say** |  3 6 |

|  |
| --- |
| **Disability / Additional needs** |
| 1) Heart & COPD problems but not registered.2) Deaf3) Dodgy joints4) Pace Maker Valve replacement5) COPD/High blood pressure6) Asthma, heart condition7) Age8) Heart problems9) Exercise after heart operation10) None. Because my use of the Cardiac Club helps me to lead an almost normal life which I would not otherwise enjoy.11) Heart disease |

**Q 1) a) How would you rate your fitness level before joining the Cardiac Club?**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Very Good** | **Good** | **Average** | **Poor** | **Very Poor** | **Did not say** |
| **Number** | 1 | 9 | 22 | 16 | 2 | 2 |
| **%** | 2 | 17 | 42 | 31 | 4 | 4 |

**Q 1) b) How would you rate your fitness level now?**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Very Good** | **Good** | **Average** | **Poor** | **Very Poor** | **Did not say** |
| **Number** | 4 | 31 | 14 | 0 | 0 | 3 |
| **%** | 8 | 59 | 27 | 0 | 0 | 6 |

**HEADLINE**: *Great improvement in fitness levels from before joining the Club from*

*(19% - Very Good/Good) (35%- Poor/Very Poor) to current levels (67% - V Good/Good) (0% -Poor)*

**Q 1) c) How would you rate your general health?**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Very Good** | **Good** | **Average** | **Poor** | **Very Poor** |  **Did not say** |
| **Number** | 3 | 33 | 13 | 1 | 0 | 2 |
| **%** | 6 | 63 | 25 | 2 | 0 | 4 |

**Q2)** **If there has been an improvement to your general health please indicate how the Cardiac Club has contributed to this:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **A great deal** | **A fair amount** | **A small amount** | **Not at all** | **Don’t know** | **Did not say** |
| **Number** | 15 | 23 | 7 | 1 | 2 | 4 |
| **%** | 29 | 44 | 13 | 2 | 4 | 8 |

**HEADLINE:**  *High perception of general health currently enjoyed by members (94%>Average) (69%>Good). 73% of members attribute this to the Cardiac Club’s contribution.*

**Q 3)** **In the past 6 months how often have you felt under the weather (e.g. lethargic, low mood, lack of energy)?**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Nearly always** | **Often**  | **Sometimes** | **Occasionally** | **Never** | **Did not say** |
| **Number** | 0 | 3 | 13 | 23 | 10 | 3 |
| **%** | 0 | 6 | 25 | 44 | 19 | 6 |

**Q 4)** **Rehabilitation experts say that doing exercise improves an individual’s mood and well-being. To what extent do you agree with this?**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Strongly agree** | **Mildly agree** | **Neutral** | **Mildly disagree** | **Strongly disagree** | **Did not say** |
| **Number** | 34 | 12 | 2 | 1 | 0 | 3 |
| **%** | 65 | 23 | 4 | 2 | 0 | 6 |

**HEADLINE:** *Members agree (88%) that doing exercise improves an individual’s mood and well-being.*

**Q 5)** **How would you rate your confidence today in performing normal daily physical activities?**

**Q 6) a) How much has exercising at the Cardiac Club helped you with performing daily physical activities?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Very much** | **Significant contribution**  | **Small contribution** | **Not at all** | **Don’t know** |
| **Number** | 11 | 27 | 8 | 1 | 5 |
| **%** | 21 | 52 | 15 | 2 | 10 |

**HEADLINE:** *High confidence (82%) rated by members in performing normal daily physical activities.*

*73% of members feel that exercising at the Cardiac Club has helped to achieve this.*

**Q6) b) How would you rate the Cardiac Club exercise class’s contribution to alleviating/controlling symptoms of your heart condition?**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Very much** | **Significant contribution**  | **Small contribution** | **Not at all** | **Don’t know** | **Did not say** |
| **Number** | 10 | 25 | 7 | 0 | 3 | 7 |
| **%** | 19 | 48 | 13.5 | 0 | 6 | 13.5 |

**HEADLINE:** *Members (67%) have rated**that the Cardiac Exercise classes have significantly contributed to alleviating/controlling symptoms of their heart condition.*

**Q7) a) Other than a heart condition, could you please indicate any other acute/chronic physical conditions you have?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| COPD/Diabetes 2/Age!! | Type2 Diabetes, COPD | COPD | Weak left leg | Asthma |
| Cough | Occasional back pain | Back and hip pain | Diabetes | Gout, hypertension |
| Pernicious anaemia (B12 def), Lower back pain | Stomach cancer (in remission) | COPD | Asthma | Familial Hypocholesteraemisa |
| Osteoporosis, several cranial vertebra | Enlarged prostrate | Lousy balance, walk with a stick |  | Ulceritic colitis of bowel |
| Knee, Thyroid | Arthritis, Asthma | Knee (arthritis), diabetes | Knee, Mcl pains | COPD |
| Chronic pelvic pain syndrome, osteoarthritis, partially deaf in left ear | Stogren's syndrome. Neurally mediated syncope N.M.S |

**HEADLINE:** *50% of respondents reported having other chronic conditions besides cardiac problems****.***

**Q7) b) If you have a condition other than heart related, how would you rate the Cardiac Club in helping to alleviate symptoms and control this/ these conditions?**

**HEADLINE:** *69% of respondents with other conditions rated that exercise sessions have made moderate to high contribution in helping to alleviate symptoms and controlling these conditions.*

**Q8) The Cardiac Exercise Club is considering offering occasional updating talks on areas related to member’s needs, such as the latest information on diet, medication, health and well-being, cardiac treatments, etc. Please tick if you would be interested in attending:**

|  |  |  |
| --- | --- | --- |
|  | **Number** |  **%**  |
| **Yes, I would be interested** | 40 | 77 |

**Q9) Please suggest one thing that needs to change to improve your experience of the exercise classes**

1) I cannot think of anything currently. All excellent*.*

2) I am very happy.

3) Ankle weights for leg strength, circulation.

4) Purchase of rowing machine?

5) I am very happy with the present arrangement.

6) Increase the exercise time from 1hr to 1 hr 15 minutes.

7) None.

8) Could the £3 per visit fee and the £10 annual fee be gift aided?

9) The weather.

10) None.

11) More focus on one to one exercise programmes such as treadmill (from general walking to running) techniques, and also on the bikes. Also more attention to posture and perhaps a little faster pace!

12) Nothing. All good for me.

13) Rowing machine for upper body strength, Balance exercises, Yoga postures.

14) Upgrade gym equipment.

15) To explain how each exercise helps the various parts of our body as we do it.

16) Good going at the moment. Keep up the good work. Maybe Walking in group at Weekends.

17) Nothing. It’s running very well.

18) Maybe some heavier weights.

19) None. Recent renewal of equipment has improved exercise experience.

20) I should have been reviewed to check the strain on my left leg – probably I should have thought of it myself.

21) The classes are very good. I cannot think of an improvement.

22) More equipment will be needed if members continue to increase.

23) None.

24) Fine as it is.

25) More explanation of what the exercises are achieving.