 Members’ Questionnaire

RESULTS

**May 2019** - 58 responses

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Age (yrs)** | | **Number** | | | **%** | |
| **41 - 50** | | 1 | | | 2 | |
| **51 - 64** | | 14 | | | 24 | |
| **65 +** | | 41 | | | 71 | |
| **Did not say** | | 2 | | | 3 | |
|  | |  | | |  | |
| **Gender** | **Number** | | | | | **%** |
| **Female** | 13 | | | | | 22 |
| **Male** | 45 | | | | | 78 |
|  |  | | | | |  |
| **Borough** | | **Number** | | | **%** | |
| **Merton** | | 37 | | | 64 | |
| **Wandsworth** | | 12 | | | 21 | |
| **Sutton** | | 4 | | | 7 | |
| **Others** | | 5 | | | 8 | |
|  | |  | | |  | |
| **Ethnic origin** | | | **Number %** | | | |
| **White – British/Irish** | | | 42 72 | | | |
| **Mixed** | | | 1 2 | | | |
| **Asian – Indian/Pakistani** | | | 11 19 | | | |
| **Black** | | | 3 5 | | | |
| **Did not say** | | | 1 2 | | | |
|  | | |  | | | |
| **Length of attendance** | | | | **Number %** | | |
| **Less than 6 months** | | | | 2 3 | | |
| **6 months - 2 years** | | | | 22 38 | | |
| **2-5 years** | | | | 15 26 | | |
| **6-10 years** | | | | 12 21 | | |
| **More than 10 years** | | | | 7 12 | | |
|  | | | |  | | |
| **Employment Status** | | | | **Number %** | | |
| **Employed** | | | | 8 14 | | |
| **Self-Employed** | | | | 8 14 | | |
| **Unemployed** | | | | 1 2 | | |
| **Retired** | | | | 41 70 | | |

|  |  |
| --- | --- |
| **Housing Status** | **Number %** |
| **Homeowner/Occupier** | 52 89 |
| **Circle Housing/Merton Priory/Other Associations** | 4 7 |
| **Private Landlord** | 1 2 |
| **Homeless** | 0 0 |
| **Did not say** | 1 2 |

|  |
| --- |
| **Disability / Additional needs** |
| 1) Knees  2) Several broken vertebra  3) Balance very poor  4) COPD  5) Ideopathic pulmonary |

**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** | 3 | 5 | 31 | 17 | 1 | 1 |
| **%** | 5 | 9 | 53 | 29 | 2 | 2 |

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Very Good** | **Good** | **Average** | **Poor** | **Very Poor** | **Did not say** |
| **Number** | 11 | 24 | 19 | 2 | 0 | 2 |
| **%** | 19 | 41 | 33 | 3 | 0 | 3 |

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

*(14% - Very Good/Good) (31%- Poor/Very Poor) to current levels (60% - V Good/Good) (3% -Poor)*

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Very Good** | **Good** | **Average** | **Poor** | **Very Poor** | **Did not say** |
| **Number** | 6 | 22 | 27 | 1 | 0 | 2 |
| **%** | 10 | 38 | 47 | 2 | 0 | 3 |

**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** | 18 | 26 | 7 | 0 | 4 | 3 |
| **%** | 31 | 45 | 12 | 0 | 7 | 5 |

**HEADLINE:**  *High perception of general health currently enjoyed by members (95%>Average) (48%>Good). 76% 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 | 5 | 15 | 28 | 8 | 2 |
| **%** | 0 | 9 | 26 | 48 | 14 | 3 |

**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** | 40 | 15 | 1 | 0 | 0 | 2 |
| **%** | 69 | 26 | 2 | 0 | 0 | 3 |

**HEADLINE:** *Members agree (95%) 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** | **Did not say** |
| **Number** | 11 | 34 | 8 | 1 | 2 | 2 |
| **%** | 19 | 59 | 14 | 2 | 3 | 3 |

**HEADLINE:** *High confidence (66 %) rated by members in performing normal daily physical activities.*

*78% 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** | 9 | 32 | 4 | 1 | 3 | 9 |
| **%** | 16 | 55 | 7 | 2 | 5 | 15 |

**HEADLINE:** *Members (71%) 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?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Diabetes Type2 | Asthma  Acute Coronary Syndrome | COPD | Knee pain | Arthitic Fibrilitis  COPD |
| COPD  DVT  Broken femur | Hypothyroid | Skin cancer  Ulestrated colitis | Aged "Aches & pains" | Diabetic |
| Bronchitis | Shortness of breath | Asthma  Arthritis | Aching legs | Bronchitis |
| Back pain  Scoliosis | Arthritic right hip  Osteo arthritis neck C6 | Bronchitis  Scoliosis  Asthma  Latex allergy | Hip wear | Bowel cancer |
| COPD | Blood Pressure problems | Enlarged prostrate | Pernicious anaemia | IPF Pulmonary fibrisis |
| COPD  Diabetes | Chronic pelvic pain syndrome | Pain in joint | Arthritis  Frozen left shoulder |  |

**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:** 83*% 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** | 39 | 67 |

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

1) I live in Battersea. It takes me 1 ½ hours in traffic to come to exercise club. I come as often as I possibly can.

2) It is just fine the way it is now!

3) I need to be in the UK more often; apologies for missing so many classes – mainly due to being abroad!

4) For those taking the group to be aware of any with I.P.F. I have to note my breathing and %SPO2 levels that I do not go below 84%. If you do then you could have problems with your heart.

5) An effective period of a current class is about 45 to 50 minutes. Therefore 3 times a week will bring to NHS recommendations to have 150 minutes per week.

6) As they say, I like it just the way it is! Cheers.

7) Slightly longer on each piece of equipment (so not so rushed).

8) I’m never going to enjoy exercise, so on that basis, what you do is as good as it gets. I think the Club is excellent. Thank you.

9) Some new equipment please.

10) Consistent use of adjoining room if possible.

11) Nothing. It’s great.

12) Three days a week!

13) Cannot think of anything.

14) No charge.

15) None – it’s perfect.

16) Happy with the class as it is.

*17)*a) Spread the voice of Cardiac Club – for public awareness

b) Keep up the good work – with the support of all our friendly participants.

18) Better music please! Vary exercise if possible.

19) Can’t think of anything. *(*Separately, he comments that “I think the club has really helped me to maintain this average level – without it I’d be much less healthy)

20) Car parking should be for those taking part in the activities, not mothers collecting children from dancing classes.

21) None, at present.

22) Nothing comes to mind.

23) A few heavier weights.

24) None at present. All good.

25) So far so good*.*

26) None. All very good.

27) Please use balance to balance books. Will try and attend soon.