

**Easy Read**

**Survey**

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This is an easy read version of the Women in Sport Survey.

**About this survey**

|  |  |
| --- | --- |
| Image of 2 women with blank speech bubbles. | We want to know about the sessions you have been to. |
| Image of a woman thinking and a blank bubble. | We want to know:   * Why you went to the sessions * What you thought of the sessions * Why you kept going to the sessions |

**Filling in this survey**

|  |  |
| --- | --- |
| Image of a timer showing 5 minutes | This survey should take about 5 minutes to fill in. |
| Image of paper asking for a name, address and phone number with a cross over it. | You do **not** have to tell us your name, phone number or email address |
| Image of computer screen and an envelope saying email. | If you have any questions about the survey or you want to find out more please email. |

**About the sessions you went to**

1. How did you find out about the sessions? Tick **1** box.

|  |  |
| --- | --- |
| A friend or someone else |  |
| website |  |
| Facebook page |  |
| Twitter |  |
| Instagram |  |
| Newspaper |  |
| Poster or leaflet |  |
| Another way |  |
| Please tell us how in the box below: |  |
|  | |

1. Why did you decide to go to a session? Tick your top **3** reasons.

|  |  |
| --- | --- |
| I wanted to get fitter and healthier. |  |
| I wanted to change the way my body looks or feels. |  |
| I thought being more active would help me to feel good about myself. |  |
| I thought being more active would help me feel better about my life. |  |
| I went with a friend or someone from my family. |  |
| I thought the session would help with my health condition. |  |
| I hoped that going to a session would help me to feel more independent. |  |
| I wanted to meet new people. I wanted to make new friends. |  |
| I wanted to try something fun. |  |
| I wanted to try something different. Or I wanted to learn something new. |  |
| A different reason. |  |
| Please tell us your reason in the box below: |  |
|  | |

1. Let us know what you thought about the sessions you have been to. Tick **1** answer box for **each** question.

**Did you feel good at your first session?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

**Did you feel welcome at the sessions?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

**Did the instructor explain the activity well? Did they make you feel relaxed?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

**Did you feel that going to a session gave you some time for yourself?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

**Could you take part in the activity even if you had never done it before? Or if you had not done much exercise before? Or if you have a disability, health problems or long term illness.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

**Did you feel that doing the activity has made a difference to you?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

**Was the session easy to get to?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

1. Did you enjoy the session you went to? Tick **1** box.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

1. Let us know how you felt after going to the sessions. Tick **1** answer box for **each** question.

**Did you feel part of a group with the other people that went to the sessions?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

**Did other women in the sessions make you feel like you wanted to get more active? Or see what you could get out of the session?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

**Did you feel included and valued?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| smiley face ratings scale5No, definitely not | smiley face ratings scale4No, not really | Not sure  smiley face ratings scale3 | Yes, a bit  smiley face ratings scale2 | Yes, definitely  smiley face ratings scale1 |
|  |  |  |  |  |

**Did your instructor help you think about how well you had done at the sessions?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

**Did your family or friends encourage you to go to the sessions?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

**Were you told how you could get even better at the activities?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

1. Since going to your first session, how active are you? Tick **1** box.

|  |  |
| --- | --- |
| I am **less** active now than I was before my first session. |  |
| I am **more** active now than I was before my first session. |  |
| I am about as active now as I was before my first session. |  |

1. What difference has going to the sessions made to you? Tick the top **3** that you agree with.

|  |  |
| --- | --- |
| I have made more friends since going to the sessions. |  |
| I feel fitter and more active than before I started going to the sessions. |  |
| I feel better. I do not feel as stressed. |  |
| I feel part of my community. I do not feel as lonely. |  |
| I have more confidence. |  |
| I feel more independent. |  |
| Going to the sessions has helped me reach my goals. |  |
| I feel good about looking after myself. |  |
| I do not agree with any of the above. |  |

1. Has going to the sessions made any other differences to you and your life? Please tell us about these in the box below.

|  |
| --- |
|  |

1. Do you think you will keep going to the sessions?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No, definitely not | No, not really | Not sure | Yes, a bit | Yes, definitely |
|  |  |  |  |  |
|  |  |  |  |  |

1. Please tell us in the box below what we could change or make better to keep you going to the sessions.

|  |
| --- |
|  |

**Finishing the survey**

|  |  |
| --- | --- |
| Image of a woman with two thumbs up. | Thank you for filling in our survey. |
| Image of 2 women doing a high five. | The information we collect will help us to understand how to help more women Get Out and Get Active. |