

MOVEability - Impact Evaluation Survey

The purpose of this survey is to understand the impact of our classes on aspects like your wellbeing, health and self-confidence. It helps us to ensure we are providing the best possible experience and enables us to adapt our support to serve you better.

This survey will take approximately 7 minutes to complete and your feedback is invaluable as it forms part of our reporting requirements to our funders for the evaluation of potential funding opportunities for this and future classes.

We assure you that your responses will remain confidential and will be processed in line with GDPR and MOVEability's Privacy Policy.

** Indicates required question*

1. Today's Date *

Example: 7 January 2019

2. What is your name? *

3. What is your date of birth? *

Example: 7 January 2019

4. Have you done this survey before? *

Mark only one oval.

- ☐ Yes - skip to question 10
- ☐ No
- ☐ Not sure

5. What best describes your gender? *

Mark only one oval.

- ☐ Woman
- ☐ Man
- ☐ Non-binary
- ☐ Prefer not to say
- ☐ Other _____

6. Which best describes your ethnic group? *

Mark only one oval.

- ☐ Asian/Asian British
- ☐ Black/African/Caribbean/Black British
- ☐ Mixed/Multiple ethnic groups
- ☐ White
- ☐ Prefer not to say
- ☐ Other: _____

7. Do you have any of the following? *

Tick all that apply.

- ☐ I have a learning difficulty (eg dyslexia, dyscalculia)
- ☐ I am neurodivergent (eg: autism, ADHD)
- ☐ Blindness or a visual impairment
- ☐ Deafness or a hearing impairment
- ☐ Long term illness (eg: cancer, HIV, diabetes, epilepsy, heart disease)
- ☐ Mental health condition (eg: depression, anxiety disorder)
- ☐ A condition that has affected your movement, earning, feelings, or speaking since youth
- ☐ Physical disability or mobility issue
- ☐ I don't have any of these
- ☐ Prefer not to say
- ☐ Other: _____

8. Is there anything we can do to help you in our classes?

9. Have you taken part in any classes/programmes like ours before?

Mark only one oval.

- ☐ I have taken part in a class/programme like this a long time ago
- ☐ I have taken part in a class/programme like this shortly before joining yours
- ☐ This is my first time taking part in a class/programme like this
- ☐ I have taken part in your classes/programmes before
- ☐ Not sure

10. How many **days a week** do you usually do physical activities that increase your heart rate and make you breathe faster for at least 30 minutes? *

About your wellbeing

Thinking about your overall physical and emotional wellbeing, please rate the sentences below from 1 to 5, with 1 being rarely and 5 being a lot.

11. Do you know what you want to do and where you're going in life? *

Mark only one oval.

1	2	3	4	5
Not	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A lot				

12. Do you believe in myself and what you can do? *

Mark only one oval.

1	2	3	4	5
Not	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A lot				

13. Do you deal well with change and hard times? *

Mark only one oval.

1	2	3	4	5
Not	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A lot				

14. Do you feel good about your mental health? *

Mark only one oval.

12345

Not ☐ ☐ ☐ ☐ ☐ A lot

18. Have you been feeling happy over the past month *

Mark only one oval.

12345

Not ☐ ☐ ☐ ☐ ☐ A lot

15. Do you feel good about your physical health? *

Mark only one oval.

12345

Not ☐ ☐ ☐ ☐ ☐ A lot

16. Do you trust most people in your local area? *

Mark only one oval.

12345

Not ☐ ☐ ☐ ☐ ☐ A lot

17. Do you feel like I belong in your neighbourhood? *

Mark only one oval.

12345

Not ☐ ☐ ☐ ☐ ☐ A lot

About your engagement with MOVEAbility

19. At which venue do you/will you attend classes *

Tick all that apply.

- ☐ Hermitage Village Hall, Monday's 2pm
- ☐ Newbury Rugby FC, Wednesday's 1pm
- ☐ Chieveley Village Hall, Thursday's 11am
- ☐ Alice Bye Court, Thatcham, Thursday's 2pm
- ☐ Bowlers Arms, Newbury (Parkinson's Class), fortnightly on Friday's 11am
- ☐ Lambourn Leisure Centre, Friday's 2pm
- ☐ Online ZOOM Class, Monday and Wednesday morning's

20. How long have you been engaged with us? *

If not yet started/only just starting - this is the last question required

Mark only one oval.

- ☐ Not yet started/only just starting (END OF CURRENT SURVEY)
- ☐ Less than 1 month
- ☐ 1 to 3 months
- ☐ 3 to 6 months
- ☐ 6 to 12 months
- ☐ More than 12 months

21. Are you still engaging with us? *

Mark only one oval.

☐ Yes

☐ No

26. Has coming to these classes helped you make new friends? *

Mark only one oval.

☐ Yes

☐ No

☐ Not sure

22. On average how many MOVEability classes do you attend each week? *

Your Feedback

23. How much have we made a difference to your wellbeing? *

Mark only one oval.

1

2

3

4

5

Non☐ ☐ ☐ ☐ ☐ A lot

24. Has coming to these classes helped improve your mental wellbeing? *

Mark only one oval.

☐ Yes

☐ No

☐ Not sure

25. Has coming to these classes helped you manage or improve your physical health? *

Mark only one oval.

☐ Yes

☐ No

☐ Not sure

27. Has coming to these classes helped you feel more connected to your local community? *

Mark only one oval.

☐ Yes

☐ No

☐ Not sure

28. Has taking part in these classes enabled you to try any new activities outside of the class? *

Mark only one oval.

☐ Yes

☐ No

☐ Not sure

29. Has taking part in these classes enabled you to be more physically active than you were previously? *

Mark only one oval.

☐ Yes

☐ No

☐ Not sure

40. Would you be open to our team reaching out to learn more about your experiences of our classes?

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Maybe

41. Please enter your email address and/or phone number so that we can contact you to learn more about your experience

Thank you so much for completing this evaluation - it means a lot to us 💜

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37. What good things have happened for you as a result of joining our class/programme?

Think about any positive changes to your life you have felt as a result in taking part in our classes

38. Is there anything we could have made things better for you?

Consider any challenges you may have faced or any negative changes you have felt as a result in taking part in our classes

39. Do you have any final comments about the sessions that you would like to add?

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