

Motcombe Community Pool Community Interest Company: MCPCIC

Community Consultation 2023 - Wellbeing and Health Hub

Patrons and Friends

Eastbourne, December 2023

Because of the significant capital funds required to repair the Pool we must plan for a phased approach to the overall rejuvenation project. The first phase involves the Pool House. Therefore, the CIC is conducting this survey to explore the likely Wants and Needs of our community based on the Pool House being reconfigured as a community hub promoting Wellbeing and Health. Results of the survey will allow us to prioritise additional facilities that will build social value, help with access to funding streams and develop revenue to support a sustainable future for the Pool.

The survey is open for responses **until Sunday the 14th January 2024**. It will inform which features our community would like to see in the Pool House as a Wellbeing and Health Hub eventually forming part of the Motcombe Pool facility when it reopens. The 10 multiple choice Questions should take no more than 10 minutes to complete.

Your Pool. Our community. Your answers really count!



Please tick all answers that apply, and more than one where appropriate.

Q1. If you've taken part in Motcombe Baths activities before, please tell us what they were:

<input type="checkbox"/>	Events	<input type="checkbox"/>	Listening Project
<input type="checkbox"/>	Room Hire	<input type="checkbox"/>	Swimming
<input type="checkbox"/>	Volunteer /Staff	<input type="checkbox"/>	Workshops / Classes
<input type="checkbox"/>	Other (Please Specify)		

Q2. What water activities would you plan to take part in?

<input type="checkbox"/>	Aqua Aerobics	<input type="checkbox"/>	Aqua Natal
<input type="checkbox"/>	Aqua Therapy	<input type="checkbox"/>	Family swimming
<input type="checkbox"/>	Lane Swimming	<input type="checkbox"/>	Swimming Club / membership
<input type="checkbox"/>	Swim School	<input type="checkbox"/>	Swimming Lessons
<input type="checkbox"/>	Swimming Sessions, casual	<input type="checkbox"/>	Lifesaving training
<input type="checkbox"/>	Other (Please Specify)		

Q3 Which of these low impact fitness activities would you like to take part in?

<input type="checkbox"/>	Aerobics	<input type="checkbox"/>	Body Conditioning
<input type="checkbox"/>	Dance / Zumba	<input type="checkbox"/>	Pilates
<input type="checkbox"/>	Self Defence	<input type="checkbox"/>	Skiping
<input type="checkbox"/>	Tai Chi	<input type="checkbox"/>	Yoga
<input type="checkbox"/>	Other (Please Specify)		

Q4. If Body Conditioning was one of your choices in Q3 above, which of the following would interest you?

<input type="checkbox"/>	Athletic fitness - i.e. Strength, speed, endurance, agility, balance, & coordination
<input type="checkbox"/>	General fitness
<input type="checkbox"/>	Immunity boost - Aerobic exercise
<input type="checkbox"/>	Metabolic fitness - i.e. Mitochondrial capacity with maximum oxygen uptake by muscles
<input type="checkbox"/>	Muscle building
<input type="checkbox"/>	Rehab fitness - Following injury to restore muscle strength, endurance, power, improve stamina.
<input type="checkbox"/>	Strength or stamina building
<input type="checkbox"/>	Weight Loss

Q5. What other activities/clubs might you like to take part in, for example?

<input type="checkbox"/>	Chess & Board Games	<input type="checkbox"/>	Choir
<input type="checkbox"/>	Choir	<input type="checkbox"/>	Creative Arts / Health
<input type="checkbox"/>	Knitting & crochet	<input type="checkbox"/>	Meditation based therapy
<input type="checkbox"/>	Music therapy	<input type="checkbox"/>	Musical ensemble/rehearsal
<input type="checkbox"/>	Reading Club	<input type="checkbox"/>	Weight Loss support group
<input type="checkbox"/>	Other (Please Specify)		

Q6. If Meditation based therapy was one of your choices in Q5 above, which of the following would interest you?

<input type="checkbox"/>	Acupuncture	<input type="checkbox"/>	Hot Stones
<input type="checkbox"/>	Reflexology	<input type="checkbox"/>	Reiki

Q7. Would you take part in any of the following?

<input type="checkbox"/>	Adult & Carer activities
<input type="checkbox"/>	LGBTQIA+-only swimming/activities/events
<input type="checkbox"/>	Men-only swimming/activities/events
<input type="checkbox"/>	Naturist or other cultural group activities
<input type="checkbox"/>	Over 50s-only
<input type="checkbox"/>	Parent/carers & child activities
<input type="checkbox"/>	Women-only swimming/activities/events

Q8. The Pool will have ramps, accessible toilets, a portable pool lift, family and equality provision for changing. To make the facilities as accessible as we can, what else can we add to help you take part?

<input type="checkbox"/>	Lifesaving training
<input type="checkbox"/>	Other small / dedicated group sessions
<input type="checkbox"/>	Quiet time / Autism-friendly sessions
<input type="checkbox"/>	Other (Please Specify)

Q9. Would you be interested in hiring accommodation on the premises for one of these activities?

<input type="checkbox"/>	Regular Club – Double height studio with atrium, and floor area of 36sqm
<input type="checkbox"/>	Regular Club / Small group, - consulting space at say 12sqm
<input type="checkbox"/>	Private Pool Hire
<input type="checkbox"/>	Private Party say 30-36sqm - (Studio/Café area)
<input type="checkbox"/>	Other (Please Specify)

Q10. What is your age group?

<input type="checkbox"/>	16 - 25	<input type="checkbox"/>	26 - 45	<input type="checkbox"/>	46 - 65
<input type="checkbox"/>	66 - 75	<input type="checkbox"/>	75+	<input type="checkbox"/>	Prefer not to say

Thank you for taking part in this survey.

Please complete and return your form to Community Wise, 66 Ocklynge Rd, Eastbourne BN21 1PY

If you are interested in findings from this survey, please go to the Motcombe Community Pool website:
www.motcombepool.org/news.html where you can join our register of subscribers. You can unsubscribe at any time.

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