

Women of Douglas
Get Out, Get Active!

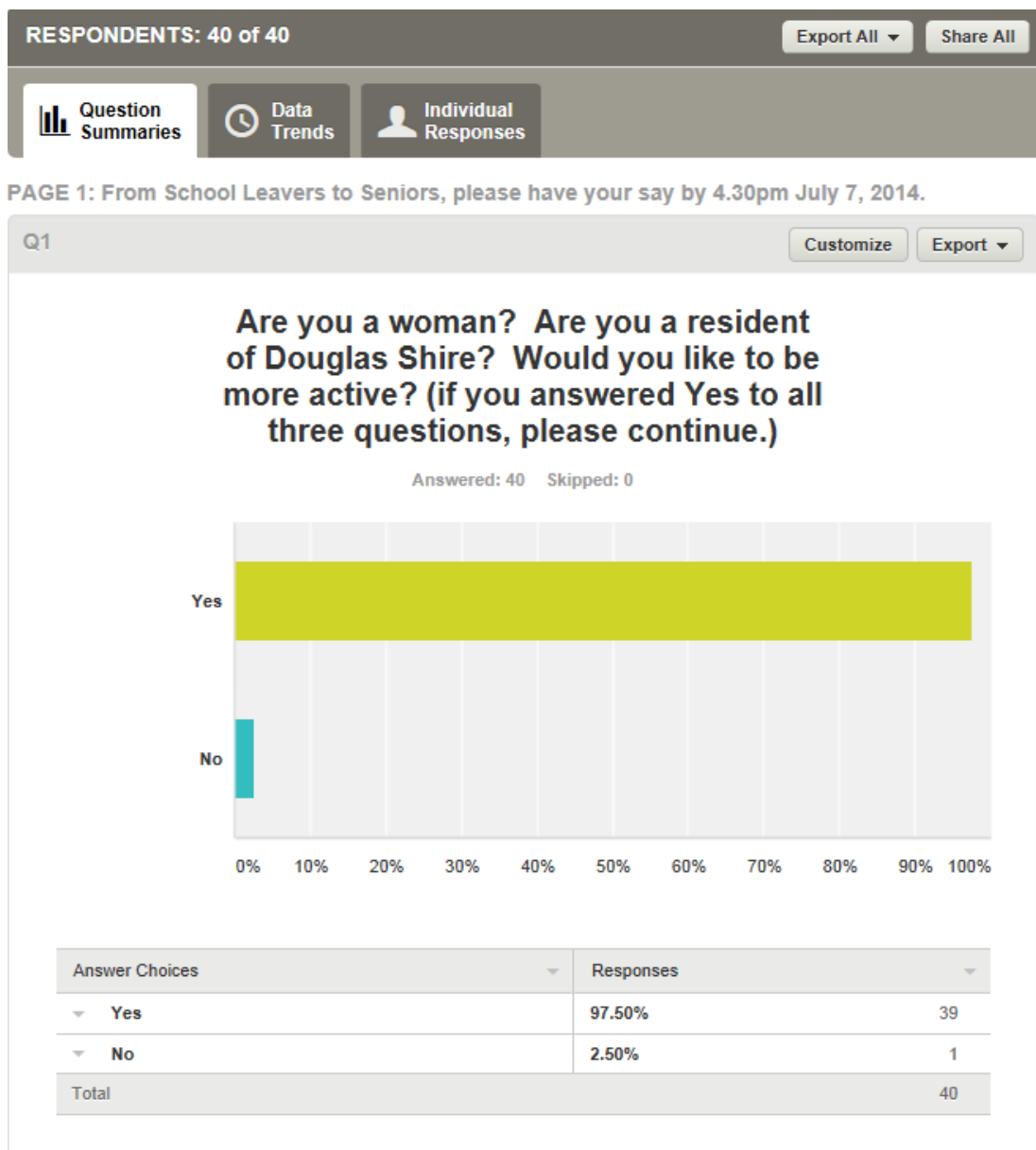
Feedback Data – 72 responses

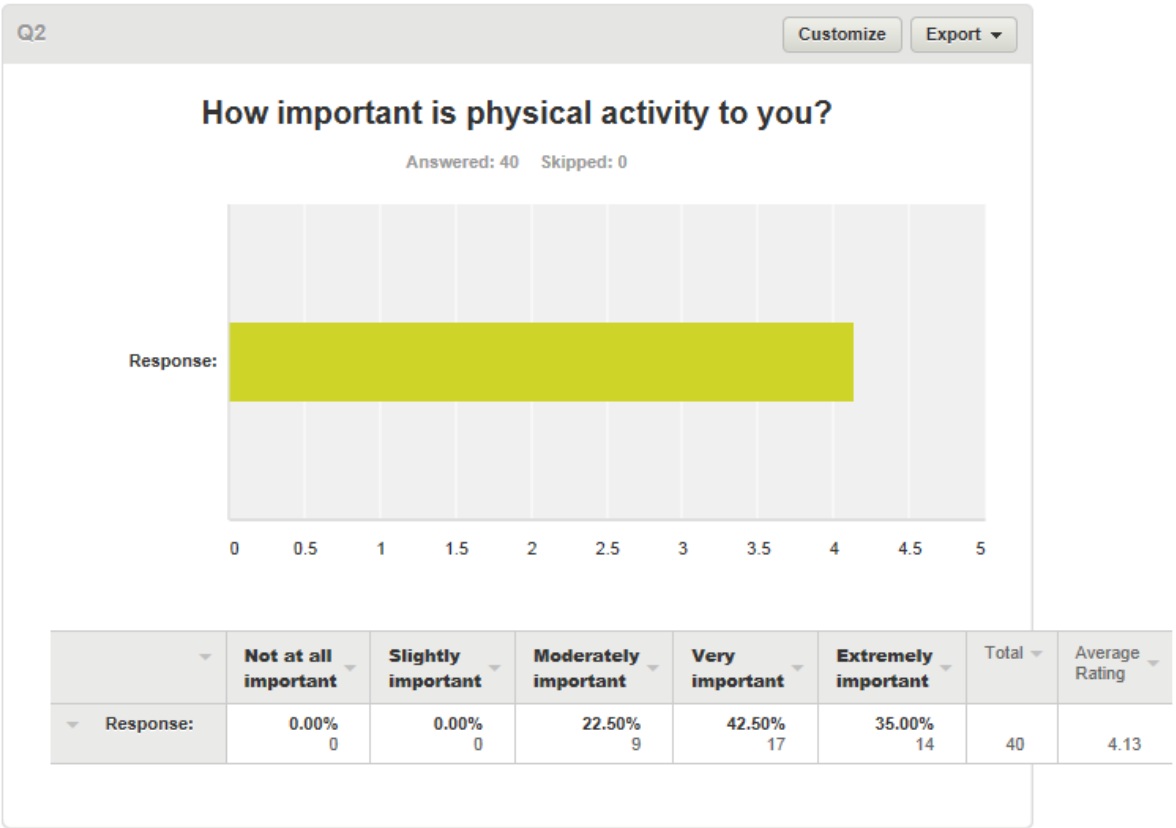
Hardcopy survey forms

- Mossman Administration Building Survey Box (2)
- Leonie (21)
- Mossman Library (9)
- Library Kiosk@Port (0)

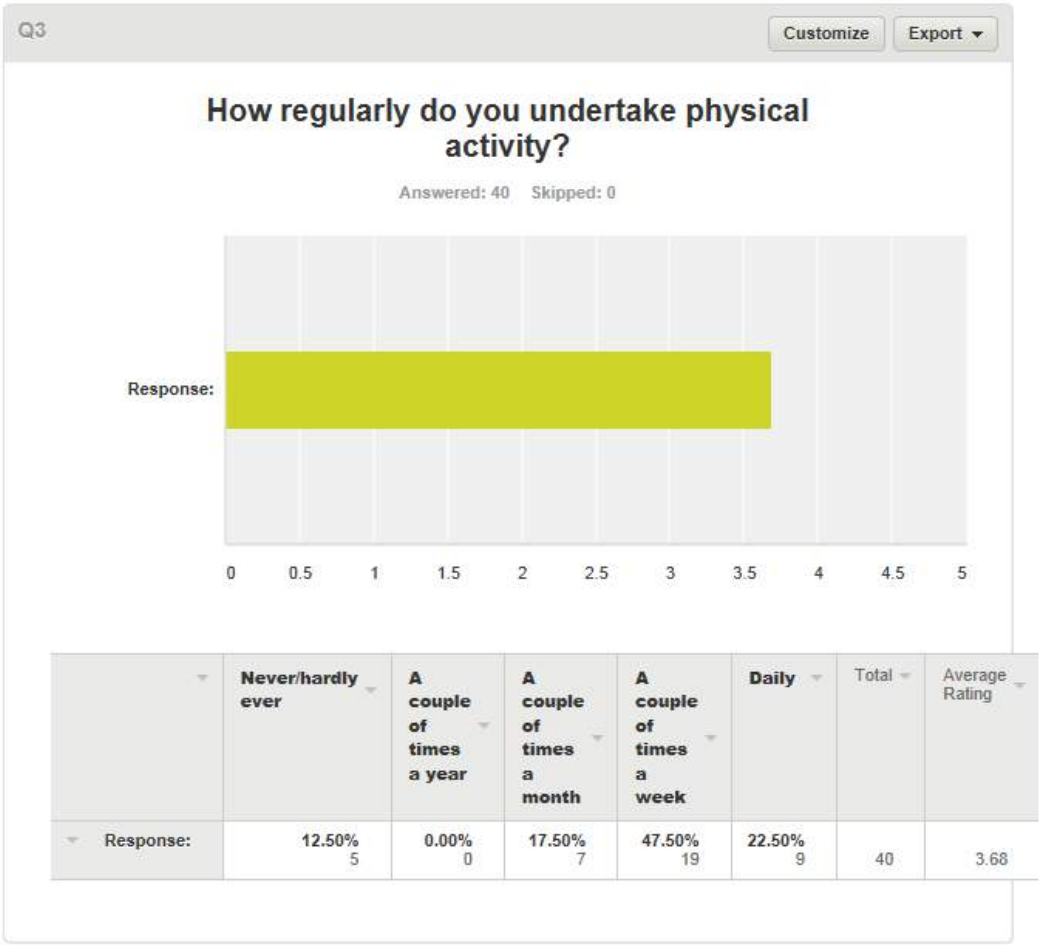
Survey Monkey (40)

https://www.surveymonkey.com/analyze/WVloAysrN2HNGadA0pgmNEj04ISpQR7f_2B4bXGkFE1mg_3D

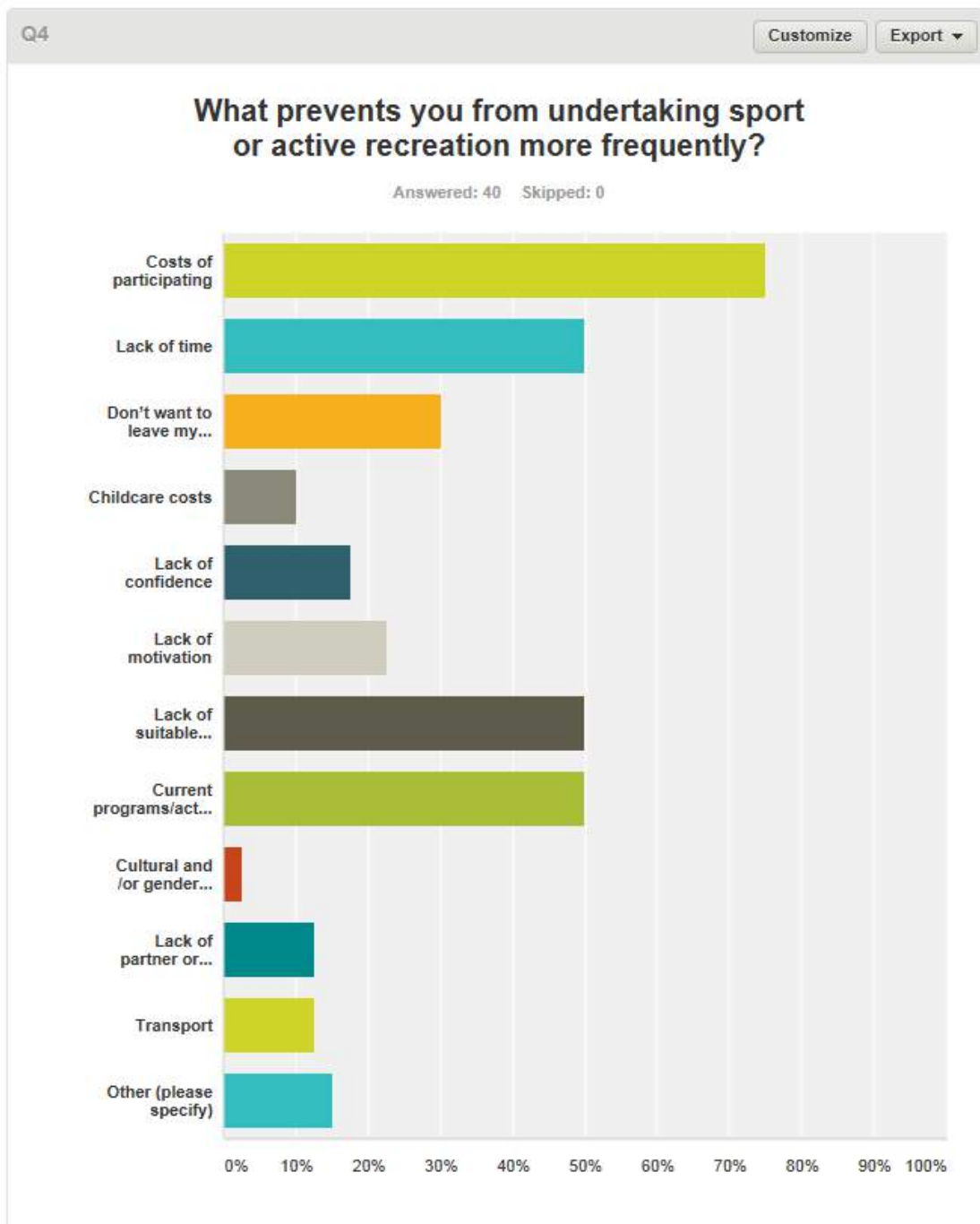




Hardcopy surveys 0 0 7 7 18 32



Hardcopy surveys 1 0 5 11 15 32



Hardcopy survey

20
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Rental charges, physical problems with knees and hips, lack of interested sport,

Answer Choices	Responses
Costs of participating	75.00% 30
Lack of time	50.00% 20
Don't want to leave my children/unable to find a minder	30.00% 12
Childcare costs	10.00% 4
Lack of confidence	17.50% 7
Lack of motivation	22.50% 9
Lack of suitable facilities or places (including safe places)	50.00% 20
Current programs/activities don't suit me because of: days and/or times; venue; or types of activities	50.00% 20
Cultural and /or gender factors	2.50% 1
Lack of partner or parental support	12.50% 5
Transport	12.50% 5
Other (please specify) Responses	15.00% 6

● Responses (6)

☁ Text Analysis

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Search responses



Showing 6 responses

I only know about one activity that suits my age group and that is the Tai Chi class which I attend.

7/3/2014 3:06 PM [View respondent's answers](#)

unaware of where to find clubs to join

7/1/2014 8:28 PM [View respondent's answers](#)

i have a disability

7/1/2014 2:10 PM [View respondent's answers](#)

Very little opportunities here at Wonga and don't like to use the car to travel 30km round trip to Mossman everyday.

6/28/2014 9:00 AM [View respondent's answers](#)

the lack of bike, walking and running paths that would provide free exercise while being able to push prams or ride bikes or simply participate with family.

6/27/2014 2:33 PM [View respondent's answers](#)

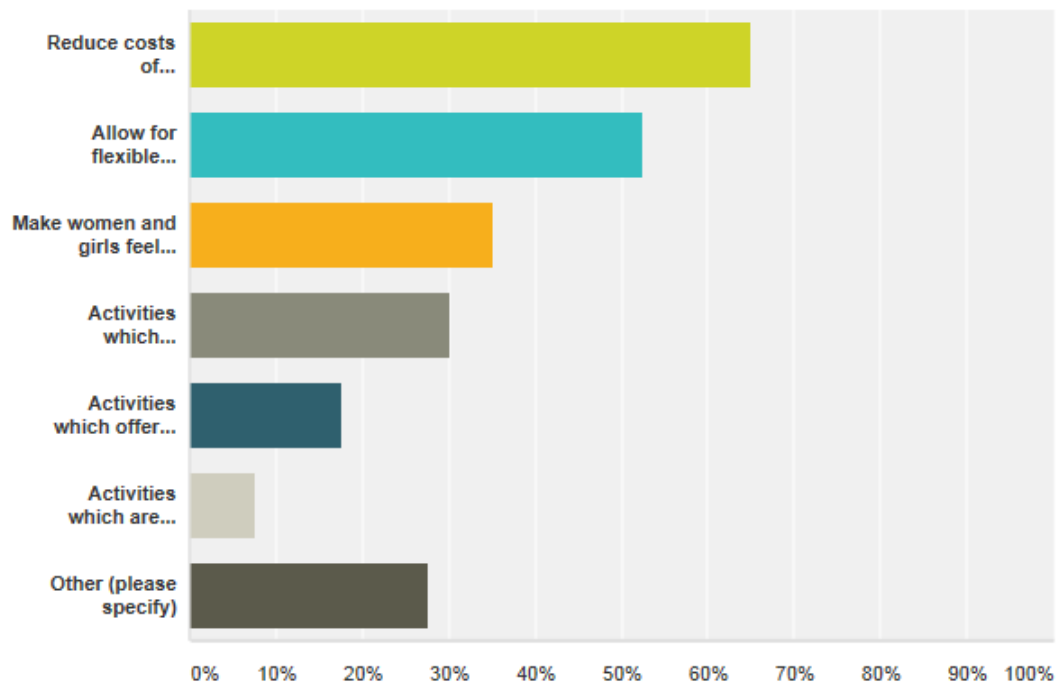
The affordable classes are not sufficiently motivating to make me drive 30 minutes to get there.

6/27/2014 9:51 AM [View respondent's answers](#)

Total Respondents: 40

What would help you "Get Out, Get Active" in the Douglas Shire?

Answered: 40 Skipped: 0



Answer Choices	Responses
▼ Reduce costs of participation	65.00% 26
▼ Allow for flexible participation	52.50% 21
▼ Make women and girls feel comfortable participating	35.00% 14
▼ Activities which accommodate mothers and children	30.00% 12
▼ Activities which offer childcare options	17.50% 7
▼ Activities which are culturally and / or gender appropriate	7.50% 3
▼ Other (please specify) Responses	27.50% 11
Total Respondents: 40	

Hardcopy survey

23

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Provide better road access for biker riders, gentle exercise aimed at over 50s

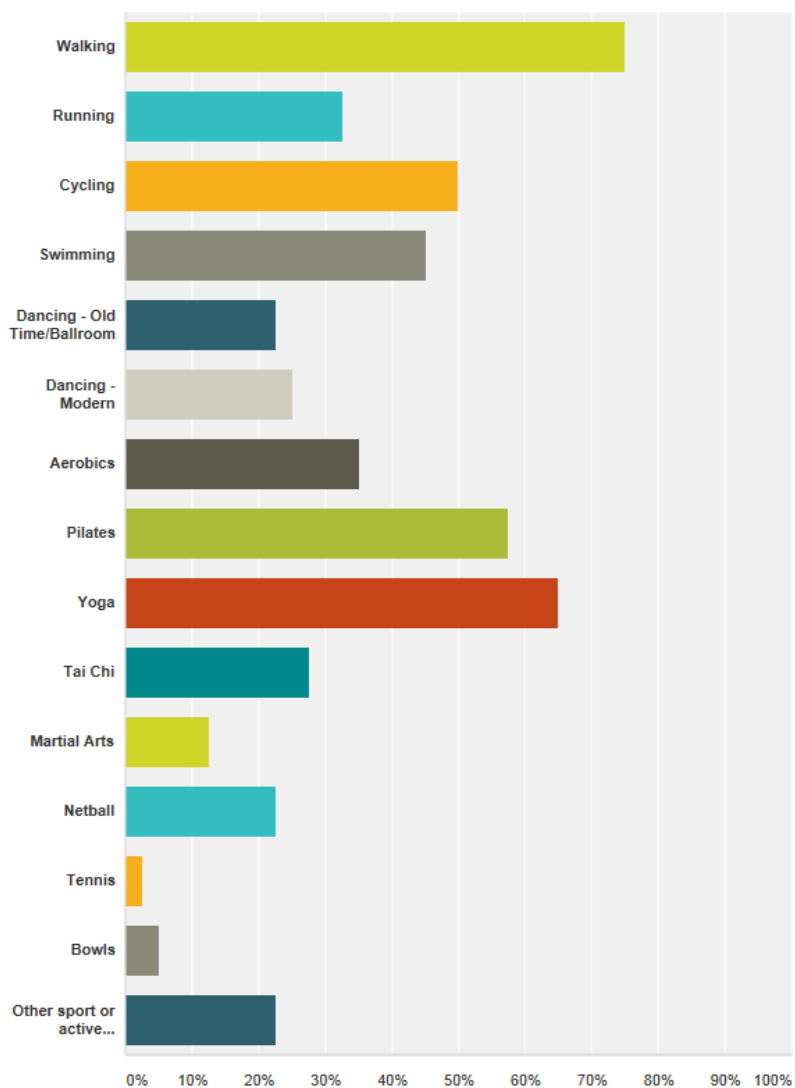
Showing 11 responses

Exercise aimed at over 50s 7/7/2014 1:39 PM View respondent's answers	^
Actually HAVE more activities that are structured and not solely designed for tourists. 7/5/2014 10:25 PM View respondent's answers	
I don't think there are any activities for my age group. 7/3/2014 3:06 PM View respondent's answers	
Safe bike paths 7/2/2014 6:49 PM View respondent's answers	
Safer bike paths around Cooya 7/2/2014 5:21 AM View respondent's answers	
Variety of times to fit in with work 7/1/2014 11:44 PM View respondent's answers	
involve people with a disability 7/1/2014 2:10 PM View respondent's answers	v
Total Respondents: 40	

Exercise stations on popular walking tracks (Four Mile), free sessions on the beach, opportunities to try new activities 7/1/2014 10:25 AM View respondent's answers	
Activities in our location 6/28/2014 9:00 AM View respondent's answers	
bike and footpaths around Cooya Beach and between Cooya and Mossman. Also a public swimming pool that has proper opening hours before work and after work. 6/27/2014 2:33 PM View respondent's answers	
Activities with a greater social involvement and Activities which are somewhat goal orientated. 6/27/2014 9:51 AM View respondent's answers	v

What types of sport and/or active recreation would encourage you to "Get out, Get Active"?

Answered: 40 Skipped: 0



Hardcopy surveys

19

3

6

5 (+ 1 acqua aerobics)

6

7 (+2 line dancing)

9

8

10

20

2

1

9

9 (+ 1 indoor bowls)

Squash, petang, golf (2), pump, body combat, softball, gym

Answer Choices	Responses
Walking	75.00% 30
Running	32.50% 13
Cycling	50.00% 20
Swimming	45.00% 18
Dancing - Old Time/Ballroom	22.50% 9
Dancing - Modern	25.00% 10
Aerobics	35.00% 14
Pilates	57.50% 23
Yoga	65.00% 26
Tai Chi	27.50% 11
Martial Arts	12.50% 5
Netball	22.50% 9
Tennis	2.50% 1
Bowls	5.00% 2
Other sport or active recreation (please specify)	Responses 22.50% 9

● Responses (9)

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Search responses



Showing 9 responses

Group training sessions outdoors

7/5/2014 10:25 PM [View respondent's answers](#)

Aqua aerobics

7/4/2014 7:54 PM [View respondent's answers](#)

Squash, hockey, womens soccer

7/1/2014 4:15 PM [View respondent's answers](#)

art and craft classes. bowling

7/1/2014 2:10 PM [View respondent's answers](#)

Free Zumba/class in a park with toddler play equipment

7/1/2014 1:15 PM [View respondent's answers](#)

Beach Volleyball

7/1/2014 12:14 PM [View respondent's answers](#)

Tennis

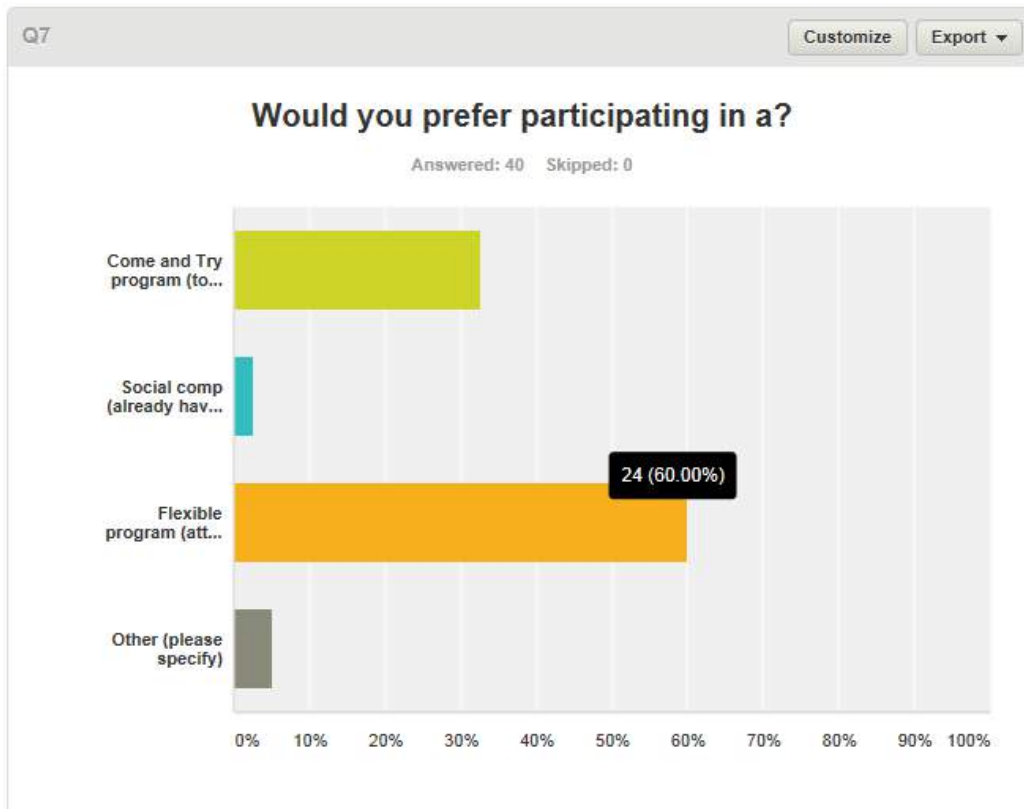
6/28/2014 9:00 AM [View respondent's answers](#)

Zumba,

6/27/2014 11:23 AM [View respondent's answers](#)

Any of these things if they included the above features and were affordable. Bushwalking, little adventures like cycling weekend trips, mountain biking days

6/27/2014 9:51 AM [View respondent's answers](#)



Answer Choices	Responses
▼ Come and Try program (to teach/improve skills or give a you a 'taste' or idea of the activity)	32.50% 13
▼ Social comp (already have skills and want to play competitively)	2.50% 1
▼ Flexible program (attend when I can)	60.00% 24
▼ Other (please specify) Responses	5.00% 2

● Responses (2)
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 Search responses

Showing 2 responses

Both Flexible and a Come And Try
 7/5/2014 10:25 PM View respondent's answers

It depends
 6/27/2014 9:51 AM View respondent's answers

Hardcopy survey

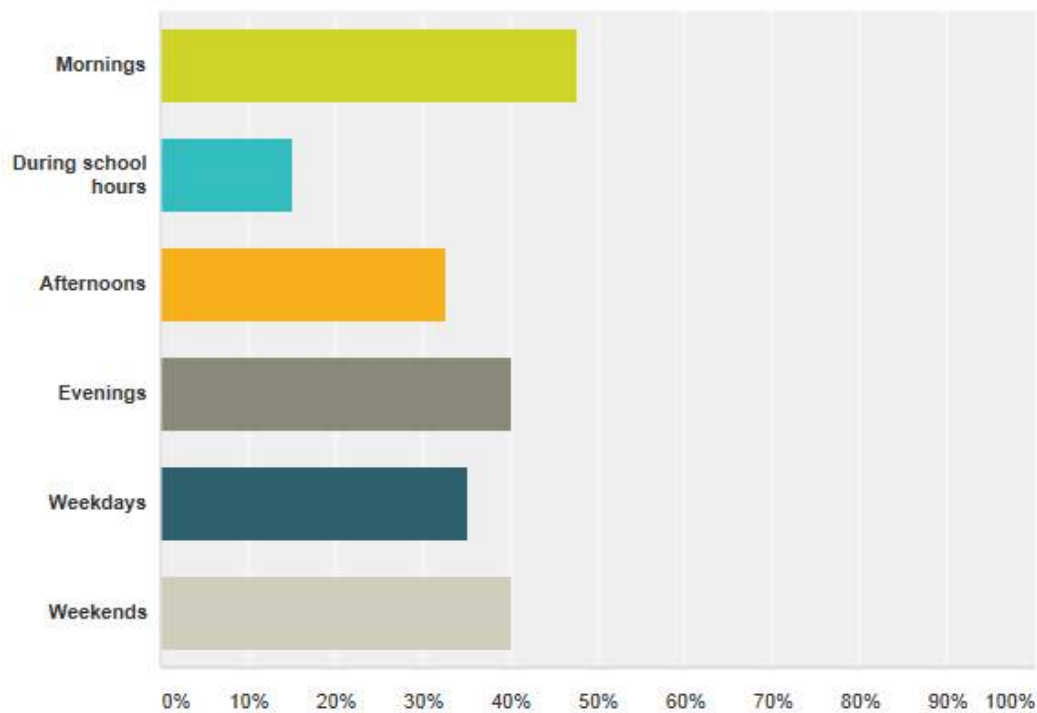
23

8

20

What are your preferred times and days?

Answered: 40 Skipped: 0



Answer Choices ▾	Responses ▾	
▾ Mornings	47.50%	19
▾ During school hours	15.00%	6
▾ Afternoons	32.50%	13
▾ Evenings	40.00%	16
▾ Weekdays	35.00%	14
▾ Weekends	40.00%	16
Total Respondents: 40		

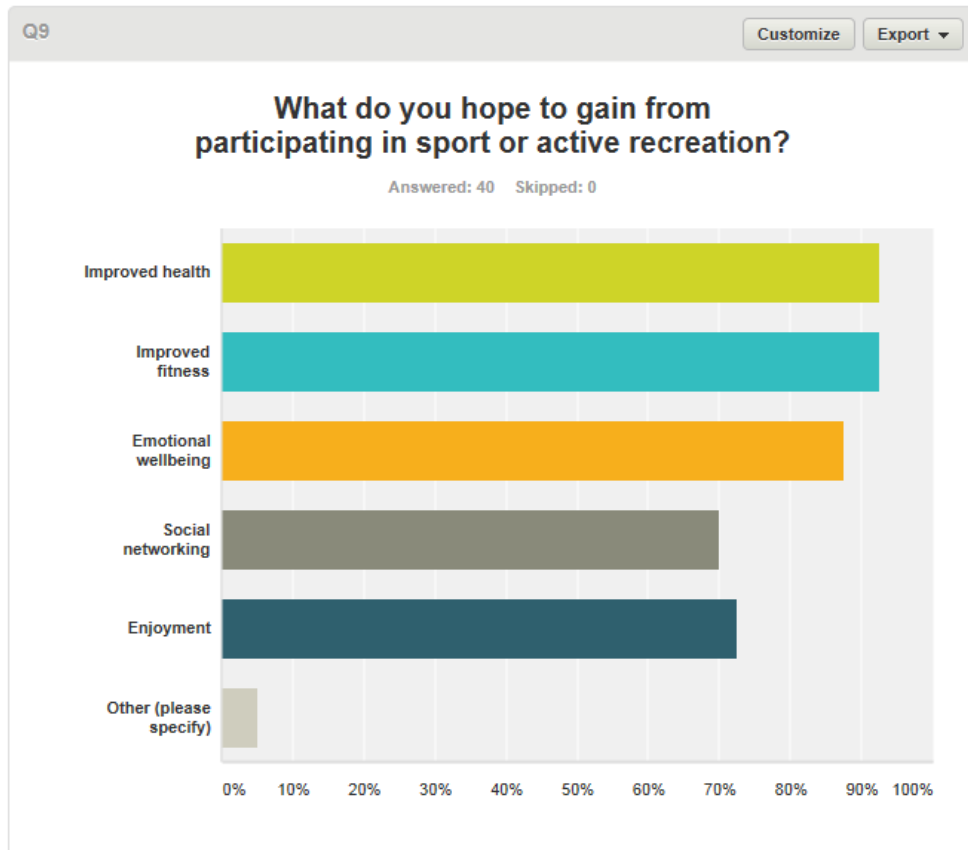
Hardcopy survey

24 (1 anytime)

3

13 (1 after 5pm)

5



Answer Choices	Responses
Improved health	92.50% 37
Improved fitness	92.50% 37
Emotional wellbeing	87.50% 35
Social networking	70.00% 28
Enjoyment	72.50% 29
Other (please specify)	5.00% 2

[Responses \(2\)](#)
[Text Analysis](#)
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Categorize as...
 Filter by Category
 Search responses
 ?

Showing 2 responses

something to do
 7/1/2014 2:10 PM [View respondent's answers](#)

weight loss
 6/27/2014 2:33 PM [View respondent's answers](#)

Hardcopy survey

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23

Improved muscle development and bone density

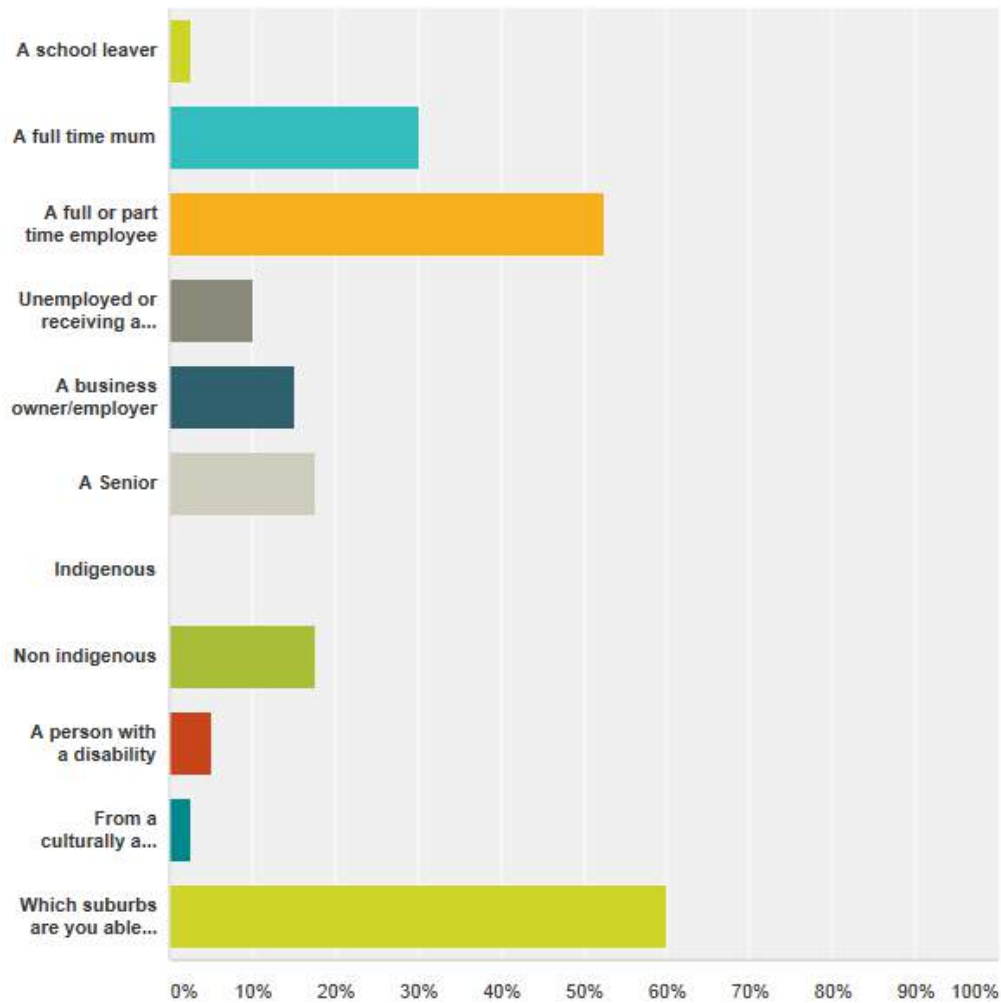
Q10

Customize

Export ▾

Are you

Answered: 40 Skipped: 0



Hardcopy survey

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Answer Choices ▾	Responses ▾
▾ A school leaver	2.50% 1
▾ A full time mum	30.00% 12
▾ A full or part time employee	52.50% 21
▾ Unemployed or receiving a government benefit	10.00% 4
▾ A business owner/employer	15.00% 6
▾ A Senior	17.50% 7
▾ Indigenous	0.00% 0
▾ Non indigenous	17.50% 7
▾ A person with a disability	5.00% 2
▾ From a culturally and linguistically diverse (CALD) background	2.50% 1
▾ Which suburbs are you able to Get Out, Get Active? (and share any other information which may assist in our funding application) Responses	60.00% 24

● Responses (24)

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Categorize as... ▾

Filter by Category ▾

Search responses



Showing 24 responses

Mossman. Port Douglas. would love to see more support for activities already up & running for Seniors in our area.

7/7/2014 1:39 PM [View respondent's answers](#)

Port Douglas

7/5/2014 10:25 PM [View respondent's answers](#)

mossman

7/4/2014 9:18 PM [View respondent's answers](#)

Port Douglas

7/4/2014 5:31 PM [View respondent's answers](#)

Port Douglas

7/3/2014 3:06 PM [View respondent's answers](#)

I wish I could walk the beach but can't afford the petrol from Mossman. We need bike paths around Mossman, Newell, Cooya and Port. We could cycle for work or schools instead of relying on no public transport!

7/2/2014 6:49 PM [View respondent's answers](#)

A footpath around Syndicate and Finlayvale rds, extended from the existing path on the highway would be a huge benefit. There are quite a number of women walking on the road and the edge of the cane fields which are usually overgrown and very unpleasant.

7/2/2014 8:26 AM [View respondent's answers](#)

Cooya Beach and Mossman

7/2/2014 5:21 AM [View respondent's answers](#)

Port Douglas

7/2/2014 12:17 AM [View respondent's answers](#)

Around port douglas

7/1/2014 11:44 PM [View respondent's answers](#)

port douglas	7/1/2014 11:22 PM	View respondent's answers
Port douglas	7/1/2014 8:47 PM	View respondent's answers
Cooya beach	7/1/2014 5:24 PM	View respondent's answers
Mossman, Cooya Beach, Port Douglas	7/1/2014 2:37 PM	View respondent's answers
port douglas, and cheap transport to mossman	7/1/2014 2:10 PM	View respondent's answers
Cooya Beach, Mossman, Port Douglas	7/1/2014 1:15 PM	View respondent's answers
Port Douglas	7/1/2014 11:40 AM	View respondent's answers

4877 (Central PD)	7/1/2014 10:25 AM	View respondent's answers
Wonga. There is very little in organised activities at Wonga and hardly any facilities.	6/28/2014 9:00 AM	View respondent's answers
Julatten	6/27/2014 6:11 PM	View respondent's answers
Cooya Beach Mossman	6/27/2014 3:52 PM	View respondent's answers
Cooya Beach	6/27/2014 2:33 PM	View respondent's answers
I will go anywhere if the activity is sufficiently motivational.	6/27/2014 9:51 AM	View respondent's answers
Mossman	6/26/2014 4:24 PM	View respondent's answers

Hardcopy surveys

Mossman to Daintree 1

Mossman 14

Wonga 2

Douglas Shire & Julatten 1

Port Douglas 22

Four Mile /Reef Park 1

Craiglie 1

Cooya 2

Other information from hardcopy surveys

Decent walking tracks in Shire, improve road conditions, assistance to cover costs of local community hall for tai chi classes for seniors, Tai chi for falls and injury prevention