



# **Women of Douglas**

## ***Get Out, Get Active!***

**From School Leavers to Seniors, please have your say by July 7**

If you are currently not as active as you would like, please provide your input! Douglas Shire Council is seeking feedback to assess the needs of our community to help with our funding application to the State Government's *Get Out, Get Active* program.

The objectives of *Get Out, Get Active* are to support councils to:

- provide enjoyable, accessible and affordable activities aimed at increasing sport and active recreation participation of women who are not physically active
- facilitate sport and active recreation projects that encourage innovation and partnerships that meet the needs of inactive women in the community
- improve the sport and active recreation experiences of women, from school-leaving age through to seniors, to encourage a culture of life-long participation.

One-off funding is available to Councils to develop and deliver activities that support the program objectives. Partnerships may be established with other organisations, to ensure that projects meet the needs of the target group for this program.

**Your completed form may be returned via:**

Post: Douglas Shire Council  
PO Box 723  
MOSSMAN QLD 4873

Fax: (07) 4098 2902

Email: [ceounit@douglas.qld.gov.au](mailto:ceounit@douglas.qld.gov.au)

Feedback Boxes: Administration Office, 64-66 Front St Mossman  
  
Mossman Library, Mill St Mossman  
  
Library Kiosk@Port, Mowbray St Port Douglas

## **Women of Douglas - *Get Out, Get Active!***

- Are you a woman? Yes/No
- Are you a resident of the Douglas Shire? Yes/No
- Would you like to be more active? Yes/No

If you answered YES to all three questions, please continue.

### **How important is physical activity to you?**

- ☐ Not at all important
- ☐ Slightly important
- ☐ Moderately important
- ☐ Very important
- ☐ Extremely important

### **How regularly do you undertake physical activity?**

- ☐ Never/hardly ever\*
- ☐ A couple of times a year\*
- ☐ A couple of times a month\*
- ☐ A couple of times a week
- ☐ Daily

### **\*What prevents you from undertaking sport or active recreation more frequently?**

- ☐ Costs of participating
- ☐ Lack of time
- ☐ Don't want to leave my children/unable to find a minder
- ☐ Childcare costs
- ☐ Lack of confidence
- ☐ Lack of motivation
- ☐ Lack of suitable facilities or places (including safe places)
- ☐ Current programs/activities don't suit me because of:
  - ☐ Days and/or times
  - ☐ Type of activities
- ☐ Cultural and /or gender factors
- ☐ Lack of partner or parental support
- ☐ Transport
- ☐ Other (please detail) \_\_\_\_\_

### What would help you “Get Out, Get Active” in the Douglas Shire?

- ☐ Reduce costs of participation
- ☐ Allow for flexible participation
- ☐ Make women and girls feel comfortable participating
- ☐ Activities which accommodate mothers and children
- ☐ Activities which offer childcare options
- ☐ Activities which are culturally and / or gender appropriate
- ☐ Other (please detail) \_\_\_\_\_

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

- ☐ Walking
- ☐ Running
- ☐ Cycling
- ☐ Swimming
- ☐ Dancing – Old Time/Ballroom
- ☐ Dancing - Modern
- ☐ Aerobics
- ☐ Pilates
- ☐ Yoga
- ☐ Tai Chi
- ☐ Martial arts (Please specify) \_\_\_\_\_
- ☐ Netball
- ☐ Tennis
- ☐ Bowls
- ☐ Other sport or active recreation (Please specify) \_\_\_\_\_

### Would you prefer participating in a:

- ☐ Come and Try program (to teach/improve skills or give a you a ‘taste’ or idea of the activity)
- ☐ Social comp (already have skills and want to play competitively)
- ☐ Flexible program (attend when I can)
- ☐ Other (please detail) \_\_\_\_\_

### What are your preferred times?

- ☐ Mornings
- ☐ During School hours
- ☐ Afternoons
- ☐ Evenings

**What are your preferred days?**

- ☐ Weekdays
- ☐ Weekends

**What do you hope to gain from participating in sport or active recreation?**

- ☐ Improved health
- ☐ Improved fitness
- ☐ Emotional wellbeing
- ☐ Social networking
- ☐ Enjoyment
- ☐ Other (please detail) \_\_\_\_\_

**Are you?**

- ☐ A school leaver
- ☐ A full time mum
- ☐ A full or part time employee
- ☐ Unemployed or receiving a government benefit
- ☐ A business owner/employer
- ☐ A Senior
- ☐ Indigenous
- ☐ Non-indigenous
- ☐ A person with a disability
- ☐ From a culturally and linguistically diverse (CALD) background

**What suburbs are you able to “Get Out, Get Active”?**

\_\_\_\_\_

**What other information would you like to share that may assist with our funding application?** \_\_\_\_\_

\_\_\_\_\_

**Thank you**

We appreciate your time completing the consultation form

Please return by **4.30pm Monday July 7, 2014.**