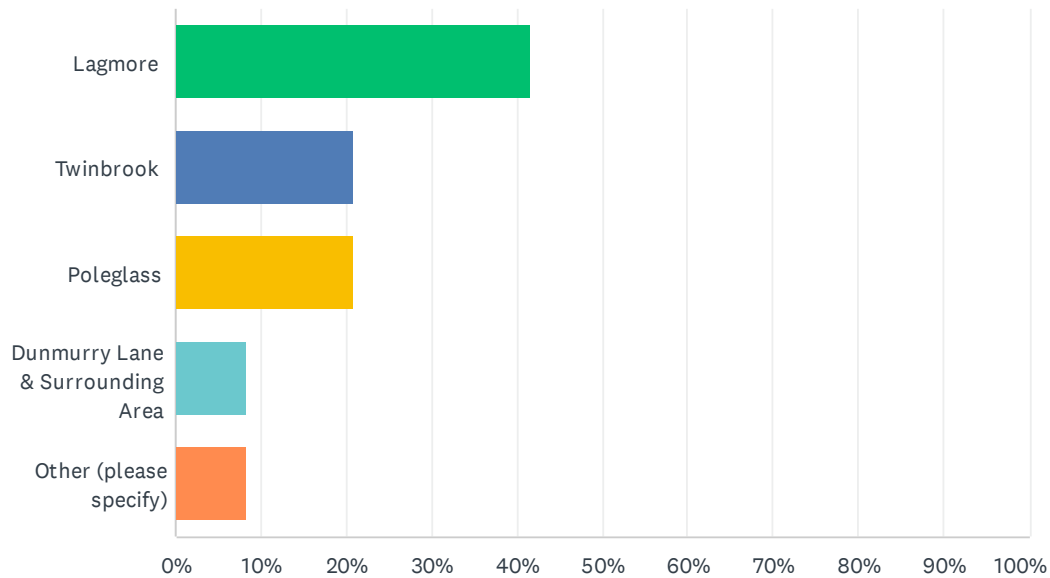


Q1 Where do you live in the Colin area?

Answered: 24 Skipped: 0

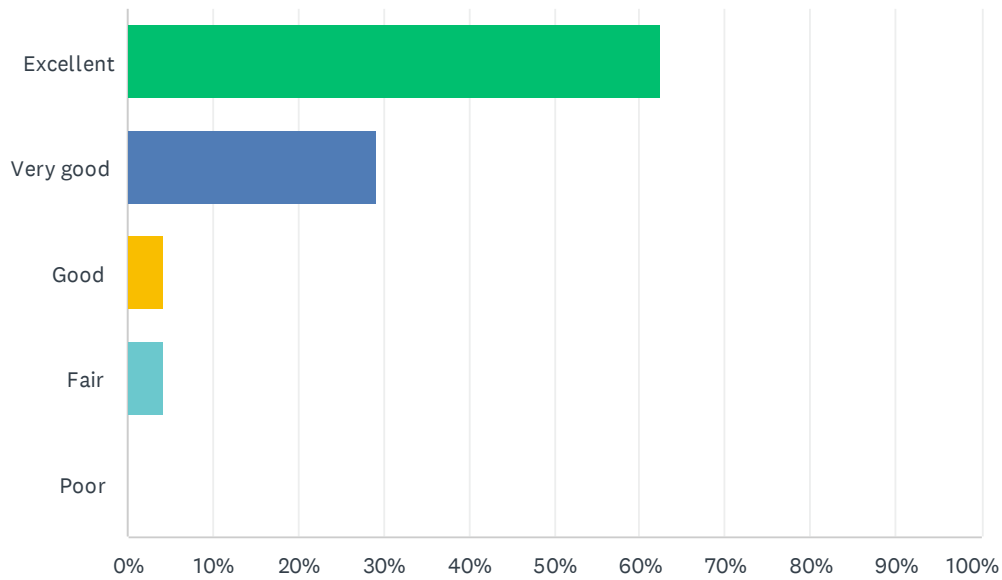


ANSWER CHOICES		RESPONSES	
Lagmore		41.67%	10
Twinbrook		20.83%	5
Poleglass		20.83%	5
Dunmurry Lane & Surrounding Area		8.33%	2
Other (please specify)		8.33%	2
TOTAL			24

#	OTHER (PLEASE SPECIFY)	DATE
1	Mount eagles	2/6/2025 2:39 PM
2	Glengoland	10/10/2024 10:33 AM

Q2 How would you rate the venue/location?

Answered: 24 Skipped: 0



ANSWER CHOICES	RESPONSES	
Excellent	62.50%	15
Very good	29.17%	7
Good	4.17%	1
Fair	4.17%	1
Poor	0.00%	0
TOTAL		24

Q3 How friendly, helpful and supportive would you rate the workshop facilitator on the scale?

Answered: 24 Skipped: 0

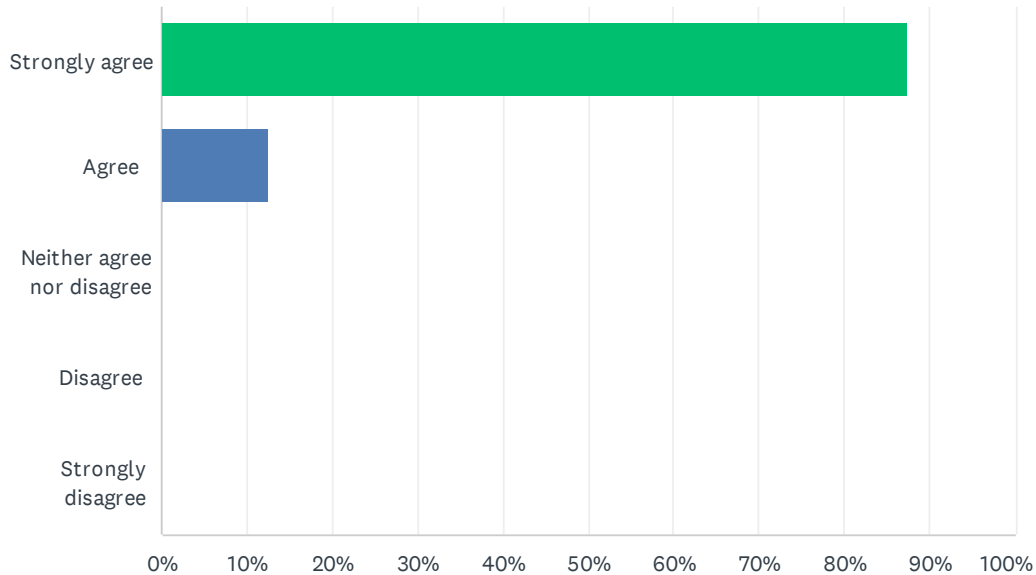
4.5★
average rating



	EXTREMELY UNFRIENDLY, UNHELPFUL AND UNSUPPORTIVE	NOT FRIENDLY, HELPFUL AND SUPPORTIVE	MODERATELY FRIENDLY, HELPFUL AND SUPPORTIVE	FRIENDLY, HELPFUL AND SUPPORTIVE	VERY FRIENDLY, HELPFUL AND SUPPORTIVE	TOTAL	WEIGHTED AVERAGE
☆	12.50% 3	0.00% 0	0.00% 0	0.00% 0	87.50% 21	24	4.50

Q4 The programme gave me an opportunity to spend time with my baby and promote bonding

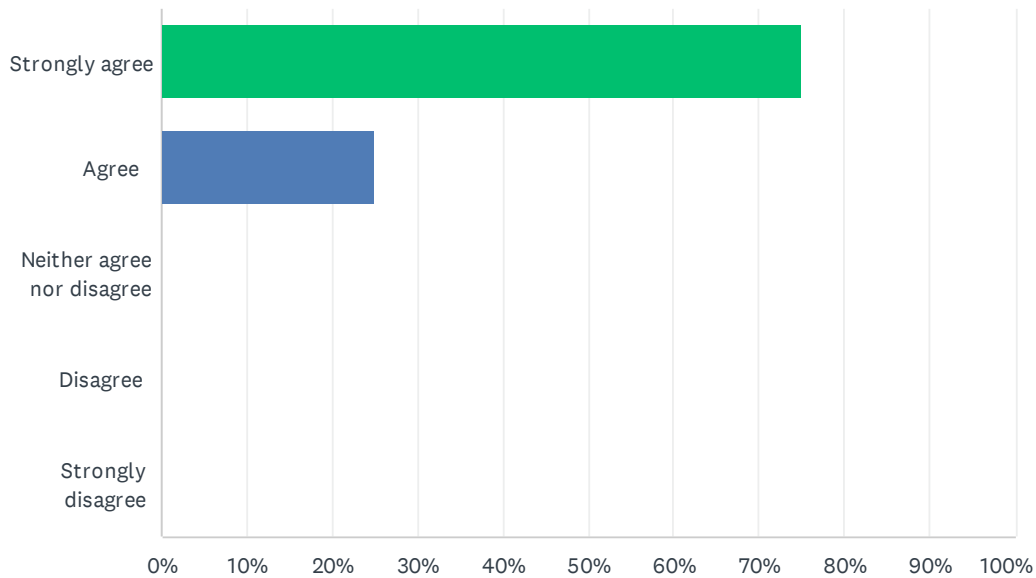
Answered: 24 Skipped: 0



ANSWER CHOICES	RESPONSES	
Strongly agree	87.50%	21
Agree	12.50%	3
Neither agree nor disagree	0.00%	0
Disagree	0.00%	0
Strongly disagree	0.00%	0
TOTAL		24

Q5 I have increased knowledge of the benefits of baby yoga

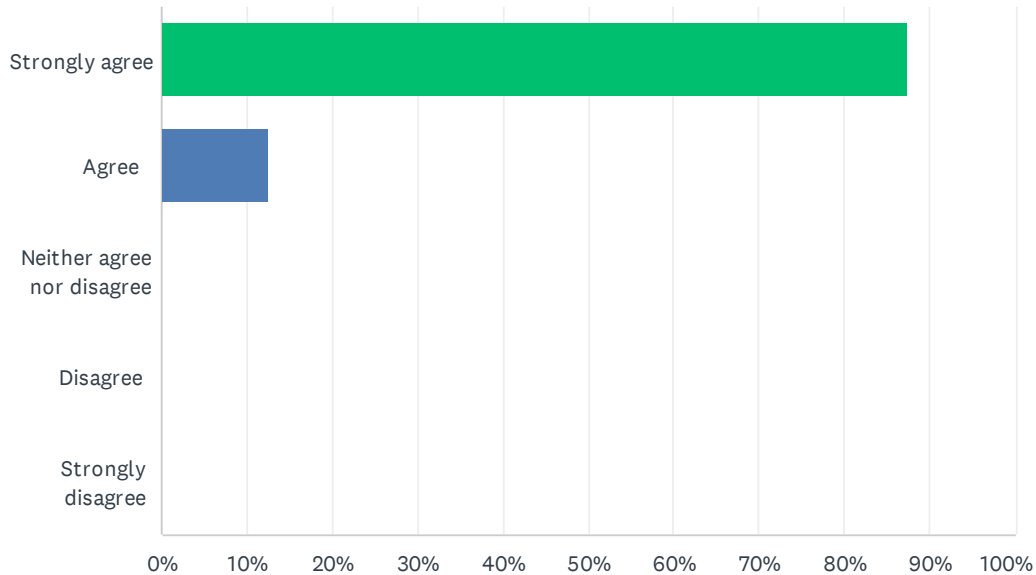
Answered: 24 Skipped: 0



ANSWER CHOICES	RESPONSES	
Strongly agree	75.00%	18
Agree	25.00%	6
Neither agree nor disagree	0.00%	0
Disagree	0.00%	0
Strongly disagree	0.00%	0
TOTAL		24

Q6 I was able participate in and learn safe postnatal exercises with my baby in a supportive environment

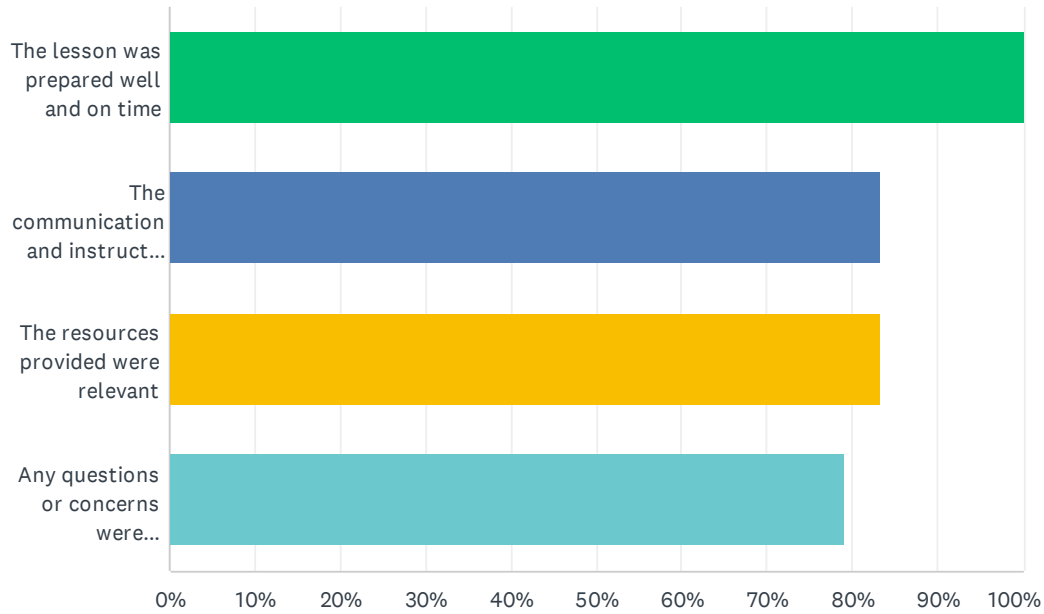
Answered: 24 Skipped: 0



ANSWER CHOICES	RESPONSES	
Strongly agree	87.50%	21
Agree	12.50%	3
Neither agree nor disagree	0.00%	0
Disagree	0.00%	0
Strongly disagree	0.00%	0
TOTAL		24

Q7 With regard to the Workshop Facilitation, do you feel that....

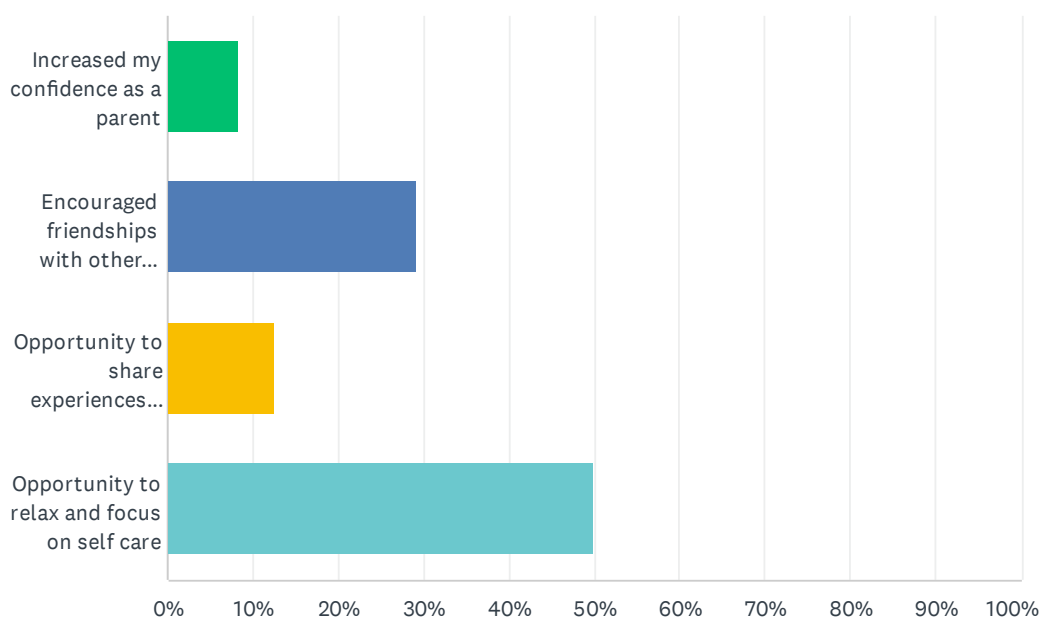
Answered: 24 Skipped: 0



ANSWER CHOICES	RESPONSES	
The lesson was prepared well and on time	100.00%	24
The communication and instruction was clear	83.33%	20
The resources provided were relevant	83.33%	20
Any questions or concerns were answered/dealt with	79.17%	19
Total Respondents: 24		

Q8 What was your experience of the Baby Yoga Programme?

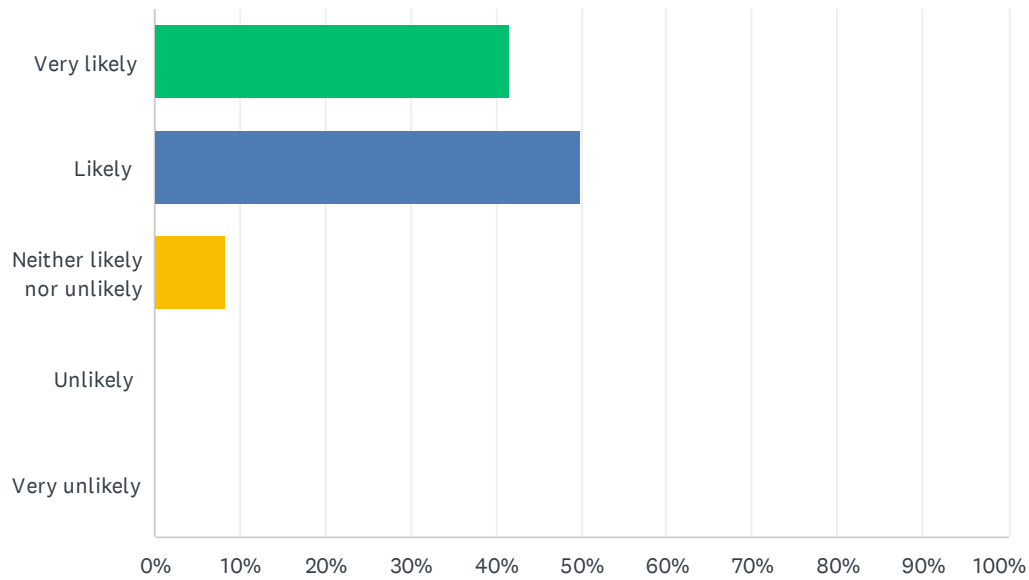
Answered: 24 Skipped: 0



ANSWER CHOICES	RESPONSES	
Increased my confidence as a parent	8.33%	2
Encouraged friendships with other parents	29.17%	7
Opportunity to share experiences with other parents	12.50%	3
Opportunity to relax and focus on self care	50.00%	12
TOTAL		24

Q9 Would you be likely to continue Baby Yoga at home?

Answered: 24 Skipped: 0



ANSWER CHOICES	RESPONSES	
Very likely	41.67%	10
Likely	50.00%	12
Neither likely nor unlikely	8.33%	2
Unlikely	0.00%	0
Very unlikely	0.00%	0
TOTAL		24

Q10 Any other comments

Answered: 7 Skipped: 17

#	RESPONSES	DATE
1	Thank you Shauna x	2/10/2025 6:13 PM
2	Baby yoga was really enjoyable and so well run. Hayley is so friendly and welcoming and makes you feel at ease. She was really helpful in identifying that I might need extra support with something. Thank you	12/5/2024 10:48 AM
3	Kitty was excellent at delivering every session and both Olivia and I loved getting out every Thursday morning to attend the sessions. Thank you!	10/10/2024 12:05 PM
4	Kitty was great at taking the classes and me and my son had a very enjoyable experience	10/10/2024 10:31 AM
5	Hayley is such a wonderful human, she really brightened my day each week and took the time to speak to everyone, such a kind heart and just a lovely representation for the SureStart community. I moved to this area just before having my baby and she made every session so welcoming	6/20/2024 4:31 PM
6	Thanks so much to Hayley and Colin Surestart for allowing Aoibhinn the opportunity to do baby yoga at home. We had a fab few weeks with Hayley participating and Aoibhinn has enjoyed doing the yoga exercises each morning since.	6/20/2024 11:02 AM
7	Brilliant class and we really enjoyed getting to know the other parents also. Very reassuring to hear they're having the same feeding and issues that I'm having.	5/14/2024 2:40 PM