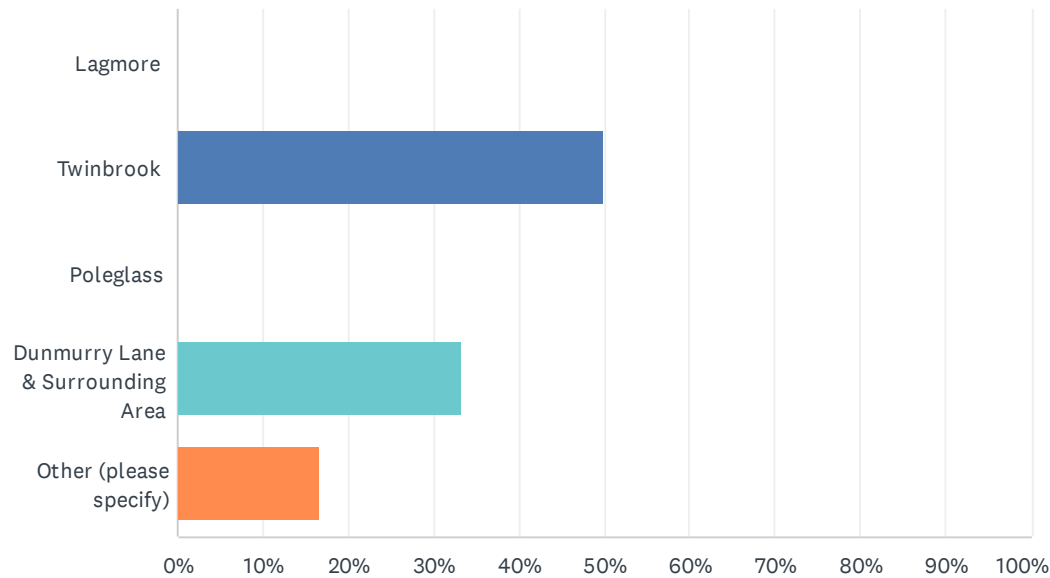


# Q1 Where do you live in the Colin area?

Answered: 6    Skipped: 0

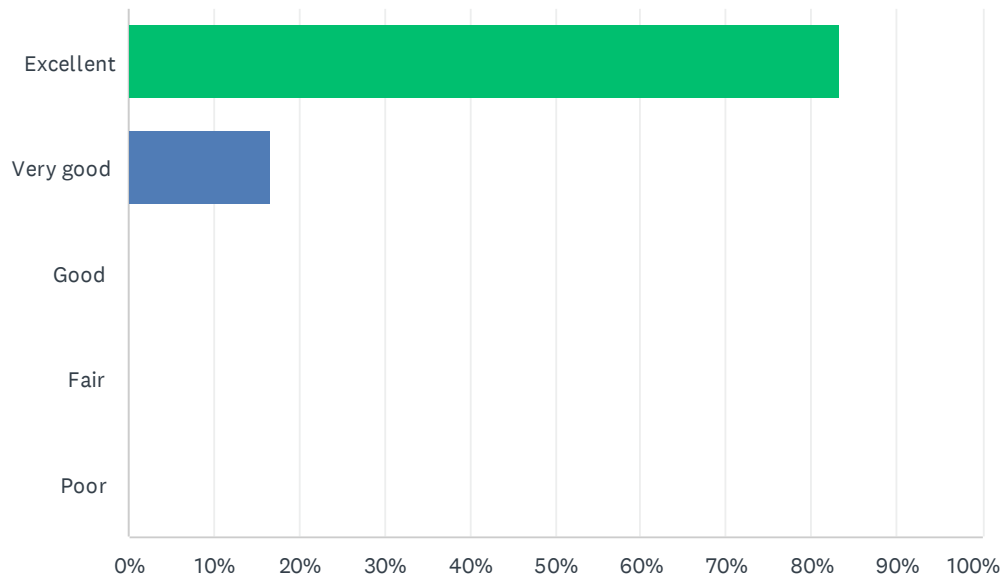


ANSWER CHOICES		RESPONSES	
Lagmore		0.00%	0
Twinbrook		50.00%	3
Poleglass		0.00%	0
Dunmurry Lane & Surrounding Area		33.33%	2
Other (please specify)		16.67%	1
TOTAL			6

#	OTHER (PLEASE SPECIFY)	DATE
1	Mount Eagles	5/8/2024 1:57 PM

Q2 How would you rate the venue/location?

Answered: 6    Skipped: 0



ANSWER CHOICES		RESPONSES	
Excellent		83.33%	5
Very good		16.67%	1
Good		0.00%	0
Fair		0.00%	0
Poor		0.00%	0
TOTAL			6

Q3 On a scale of 1-5, How friendly, helpful and supportive would you rate the activity facilitator?

Answered: 6    Skipped: 0

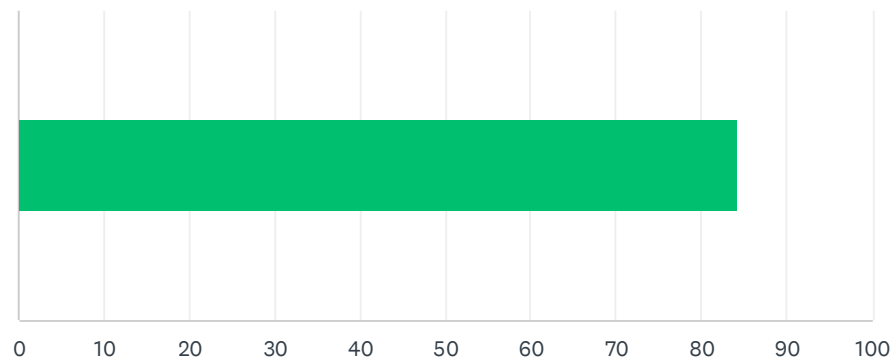
5.0★  
average rating



	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
☆	0.00% 0	0.00% 0	0.00% 0	0.00% 0	100.00% 6	6	5.00

Q4 On a scale of 1-5 how enjoyable did you find the health and wellbeing programme?

Answered: 6    Skipped: 0

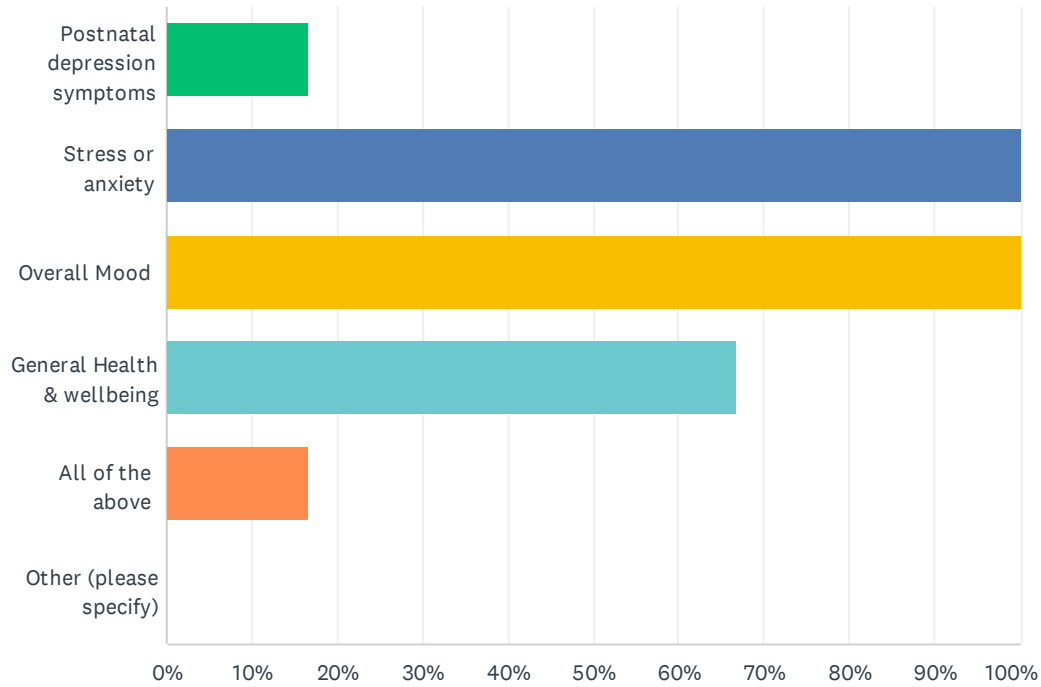


ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	84	505	6
Total Respondents: 6			

#		DATE
1	5	1/28/2025 9:54 PM
2	100	1/28/2025 2:29 PM
3	100	1/28/2025 2:04 PM
4	100	1/28/2025 12:59 PM
5	100	5/8/2024 1:57 PM
6	100	5/8/2024 1:45 PM

## Q5 Did attending the health and wellbeing programme help improve any of the following?

Answered: 6 Skipped: 0

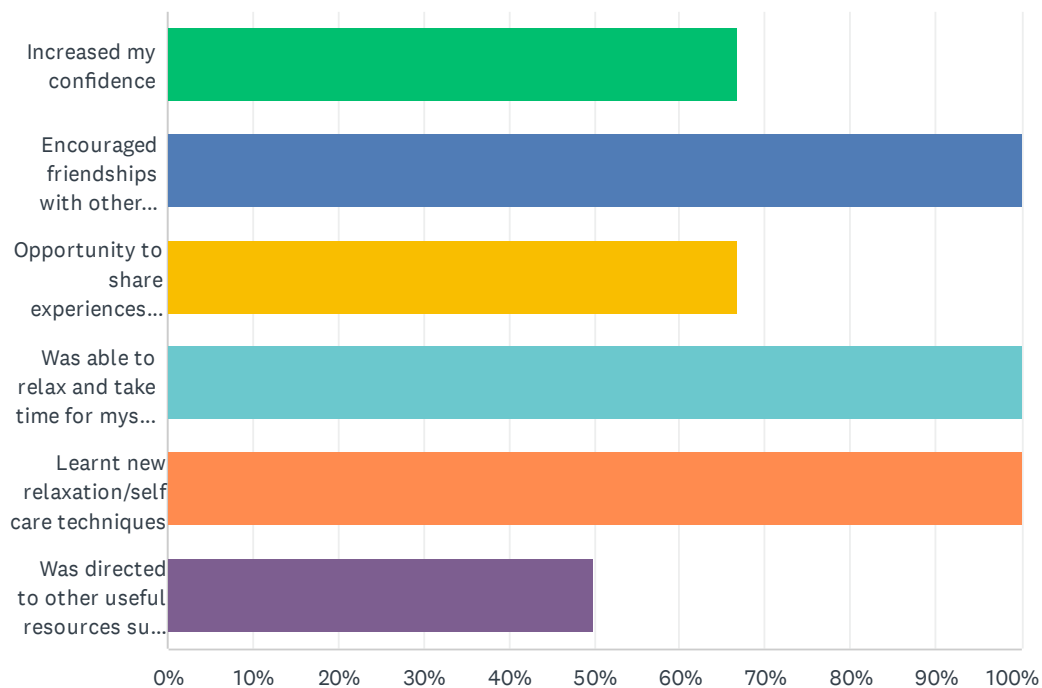


ANSWER CHOICES	RESPONSES	
Postnatal depression symptoms	16.67%	1
Stress or anxiety	100.00%	6
Overall Mood	100.00%	6
General Health & wellbeing	66.67%	4
All of the above	16.67%	1
Other (please specify)	0.00%	0
Total Respondents: 6		

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

## Q6 What was your experience of this health and wellbeing programme?

Answered: 6 Skipped: 0



ANSWER CHOICES	RESPONSES	
Increased my confidence	66.67%	4
Encouraged friendships with other parents	100.00%	6
Opportunity to share experiences with other parents	66.67%	4
Was able to relax and take time for myself	100.00%	6
Learnt new relaxation/self care techniques	100.00%	6
Was directed to other useful resources such as apps and videos	50.00%	3
Total Respondents: 6		

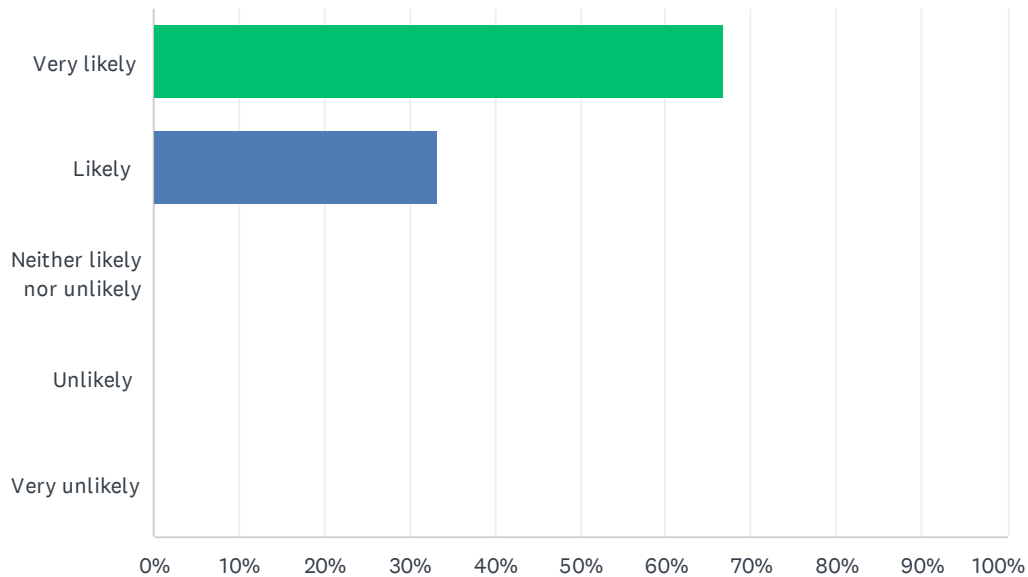
## Q7 Can you name one benefit of participating in self care?

Answered: 6   Skipped: 0

#	RESPONSES	DATE
1	Reduced anxiety and learnt coping methods	1/28/2025 9:54 PM
2	Meeting like minded people, hearing other people's stories and realising I wasn't alone in how I was feeling.	1/28/2025 2:29 PM
3	Time out for myself	1/28/2025 2:04 PM
4	Remembering to look after myself before I can look after others	1/28/2025 12:59 PM
5	Improves mental health	5/8/2024 1:57 PM
6	Feeling calm and not feeling guilty for taking time for myself.	5/8/2024 1:45 PM

## Q8 I would be likely to continue self care/time for me after the programme ends

Answered: 6 Skipped: 0



ANSWER CHOICES	RESPONSES	
Very likely	66.67%	4
Likely	33.33%	2
Neither likely nor unlikely	0.00%	0
Unlikely	0.00%	0
Very unlikely	0.00%	0
TOTAL		6



## Q9 Any other comments/suggestions/compliments for the Health and Wellbeing Programme?

Answered: 4   Skipped: 2

#	RESPONSES	DATE
1	Longer would b ideal	1/28/2025 9:54 PM
2	Maire is an excellent facilitator and the Ionad was a great venue. Only thing I would change is to make the programme a few weeks longer as we were starting to really gel as a group as the programme ended. This didn't change my experience and I would definitely attend again if the chance came up! :)	1/28/2025 2:29 PM
3	I thoroughly enjoyed this course, I wish it could've been longer. Maire is such a lovely and comfortable person to be around. I would love to attend more courses. Thank you	1/28/2025 2:04 PM
4	The programme was great, Maire was really supportive and made me feel so welcome.	5/8/2024 1:45 PM