



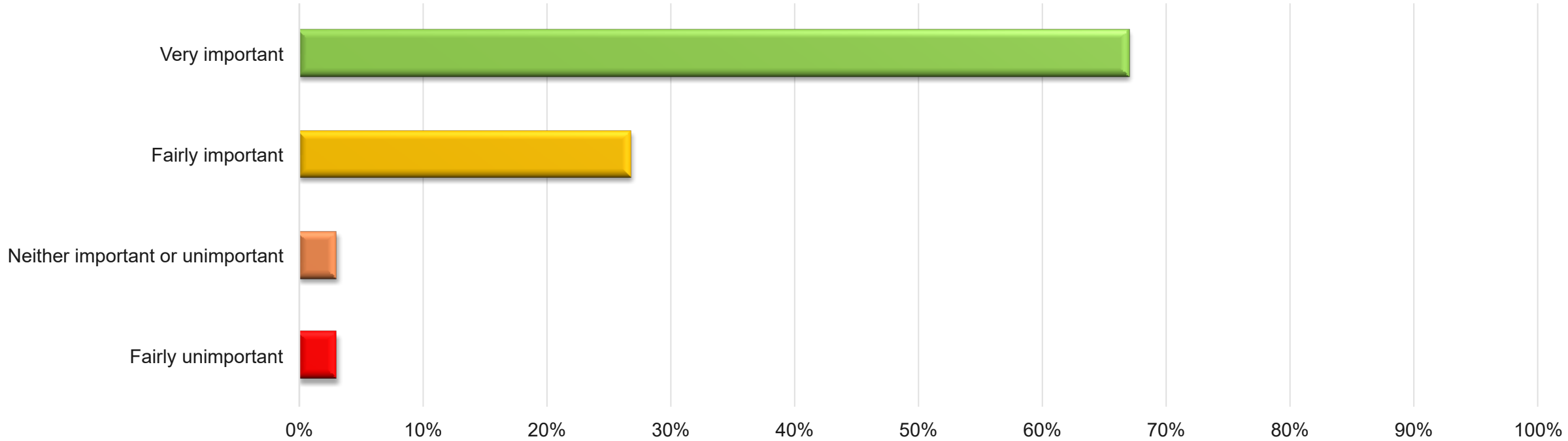
Rother District Council Health, Wellbeing and Leisure Strategy



Rother District Council

Community Leisure Survey Analysis

How important is physical activity to you?



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Community Leisure Survey Analysis

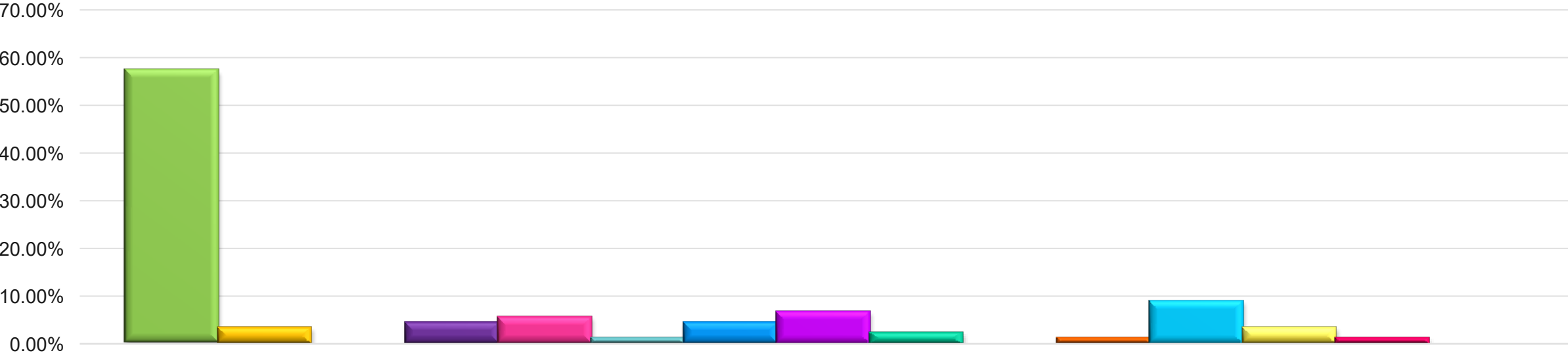
Do you do any physical activity? This could include walking, cycling, gardening, sport etc



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Community Leisure Survey Analysis

What is the main activity you do most often?



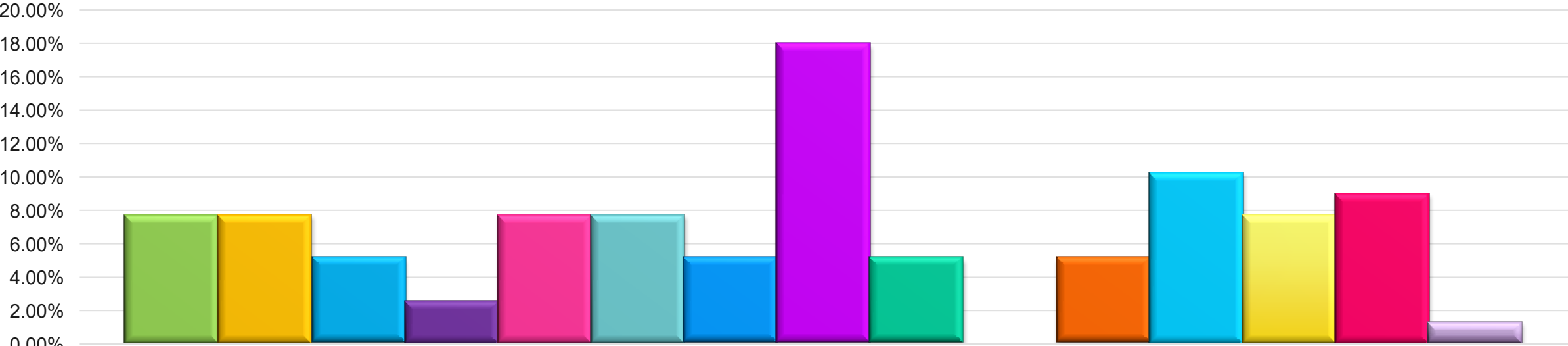
1

- Walking/hiking
- Running/jogging
- Sea/river swimming
- Cycling
- Pilates
- Yoga
- Dance
- Gardening
- Gym
- Outdoor pursuits e.g. rock climbing, canoeing, sailing
- Indoor team sports
- Outdoor team sports
- Indoor casual swimming
- Indoor exercise classes
- Martial arts

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Community Leisure Survey Analysis

What is the second main activity you do most often?



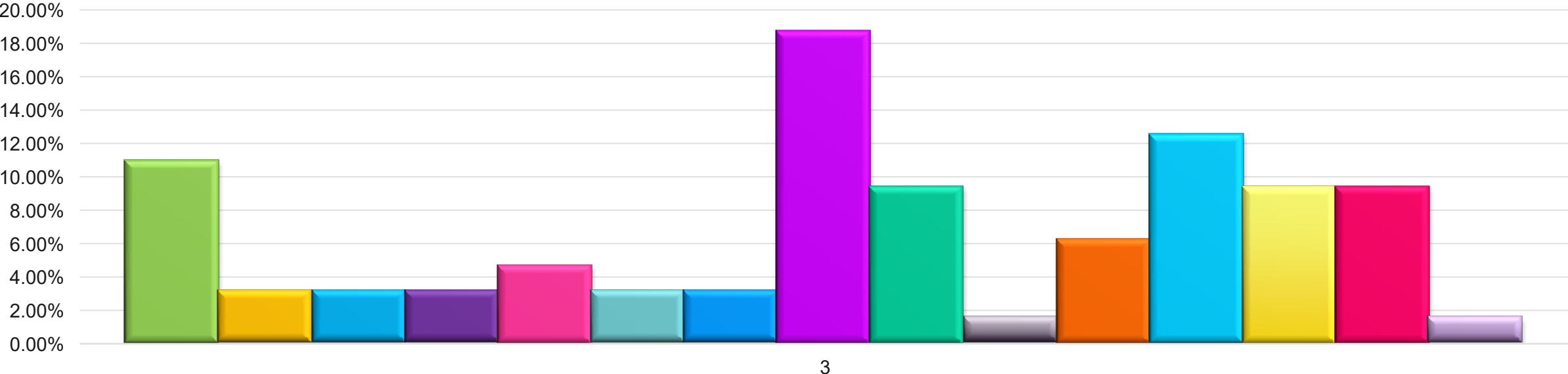
2

- Walking/hiking
- Running/jogging
- Sea/river swimming
- Cycling
- Pilates
- Yoga
- Dance
- Gardening
- Gym
- Outdoor pursuits e.g. rock climbing, canoeing, sailing
- Indoor team sports
- Outdoor team sports
- Indoor casual swimming
- Indoor exercise classes
- Martial arts

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Community Leisure Survey Analysis

What is the third main activity you do most often?



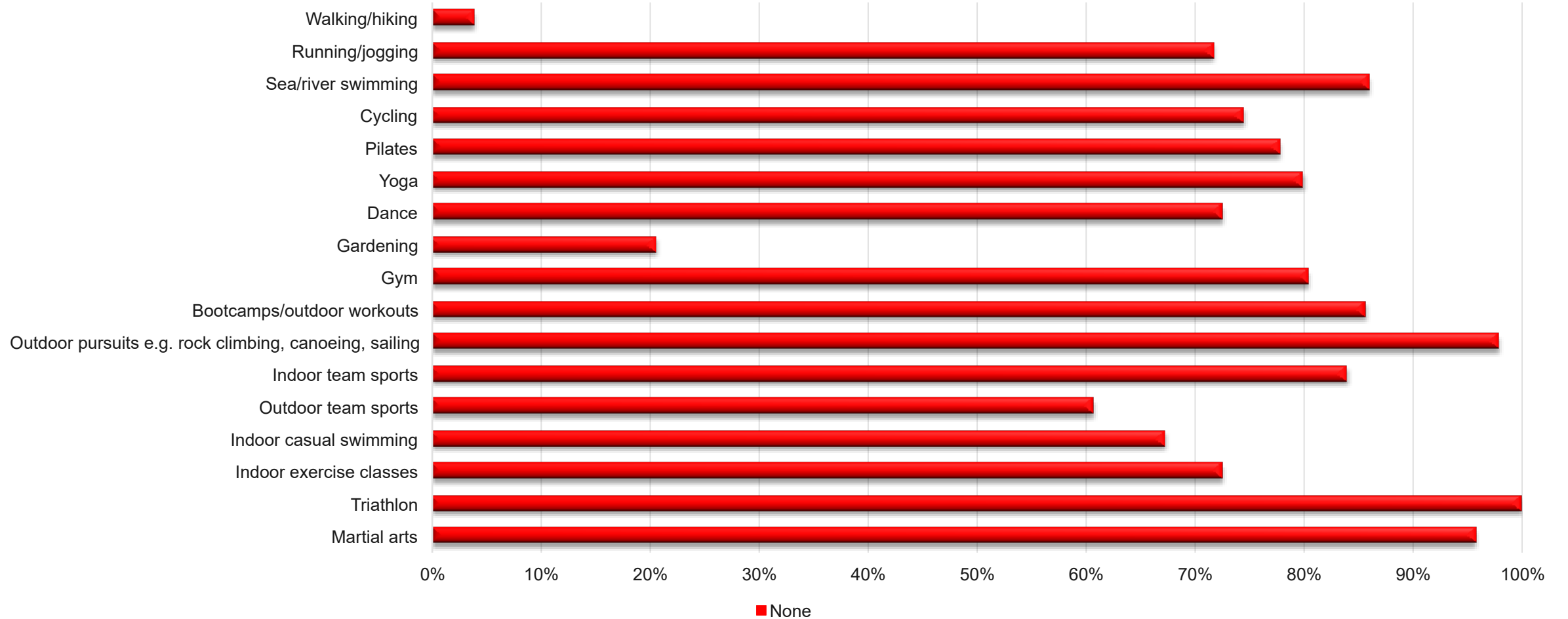
3

- Walking/hiking
- Running/jogging
- Sea/river swimming
- Cycling
- Pilates
- Yoga
- Dance
- Gardening
- Gym
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- Indoor casual swimming
- Indoor exercise classes
- Martial arts

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Community Leisure Survey Analysis

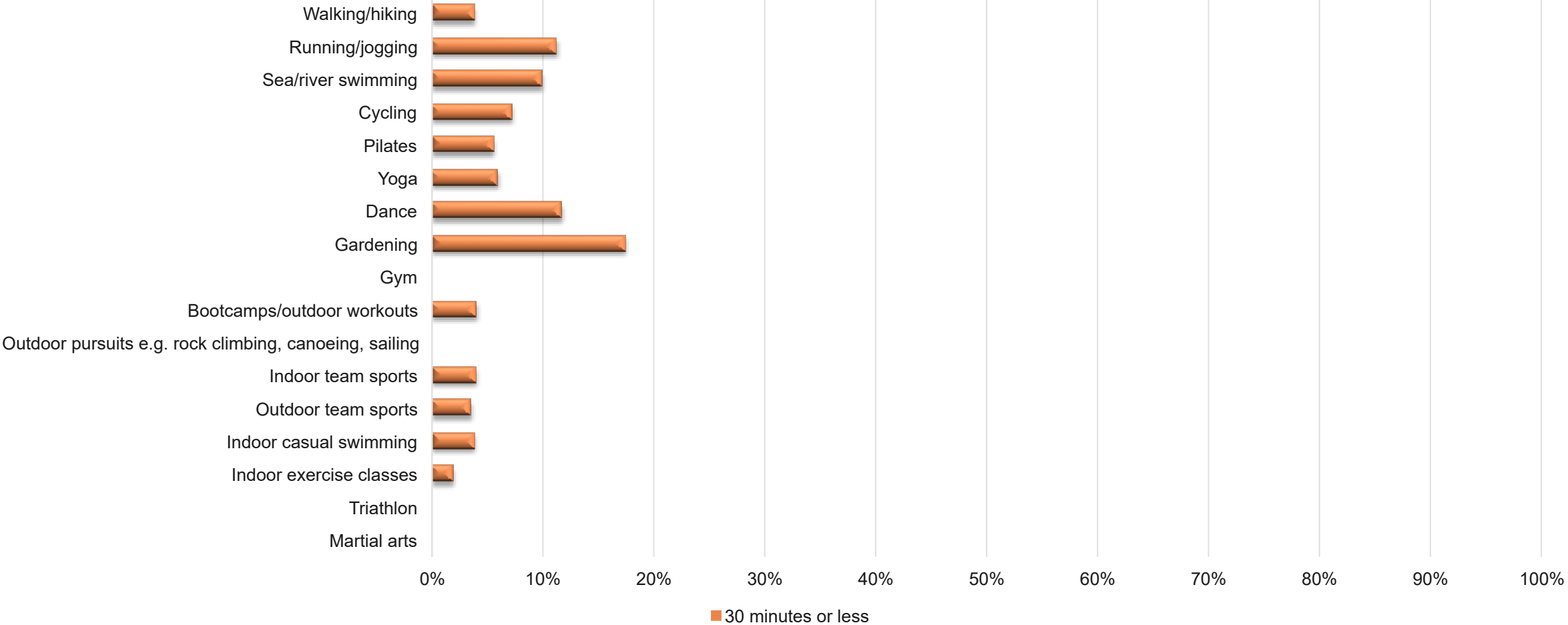
In the past 7 days, how many minutes of physical activity have you undertaken? (1)



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Community Leisure Survey Analysis

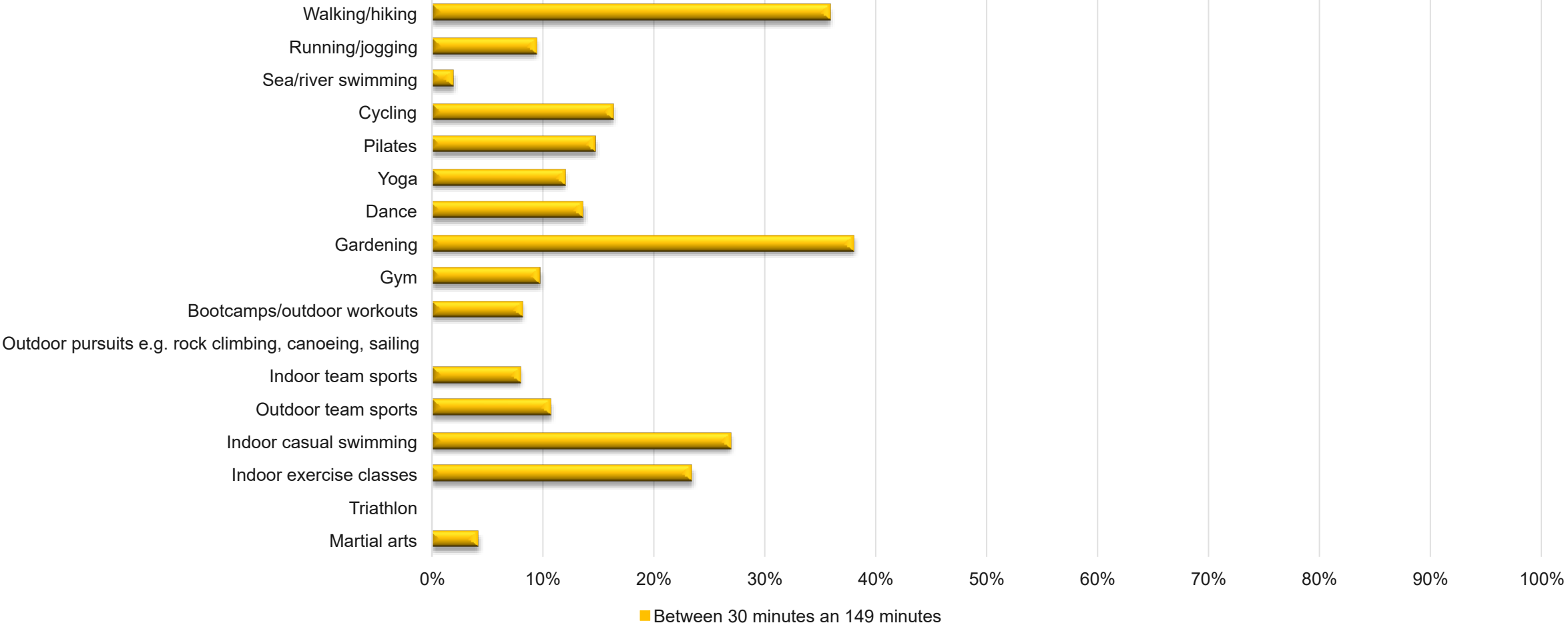
In the past 7 days, how many minutes of physical activity have you undertaken? (2)



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Community Leisure Survey Analysis

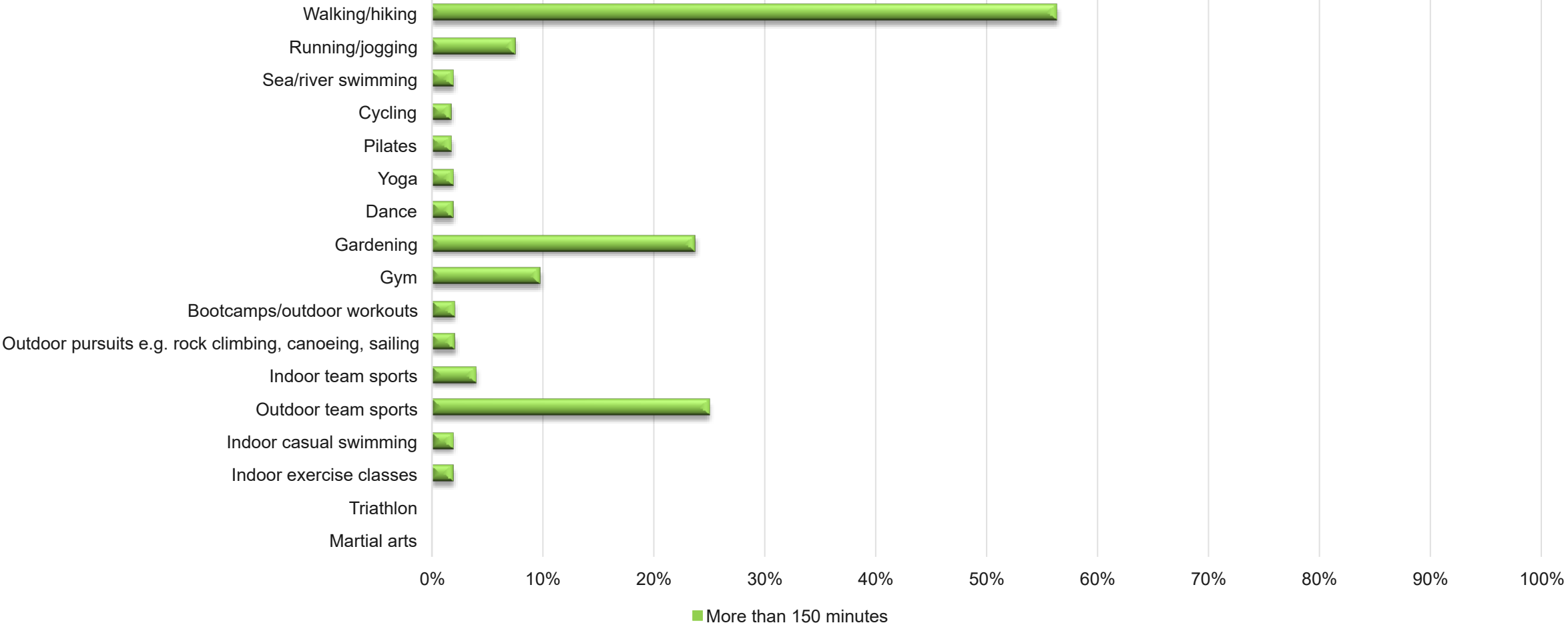
In the past 7 days, how many minutes of physical activity have you undertaken? (3)



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Community Leisure Survey Analysis

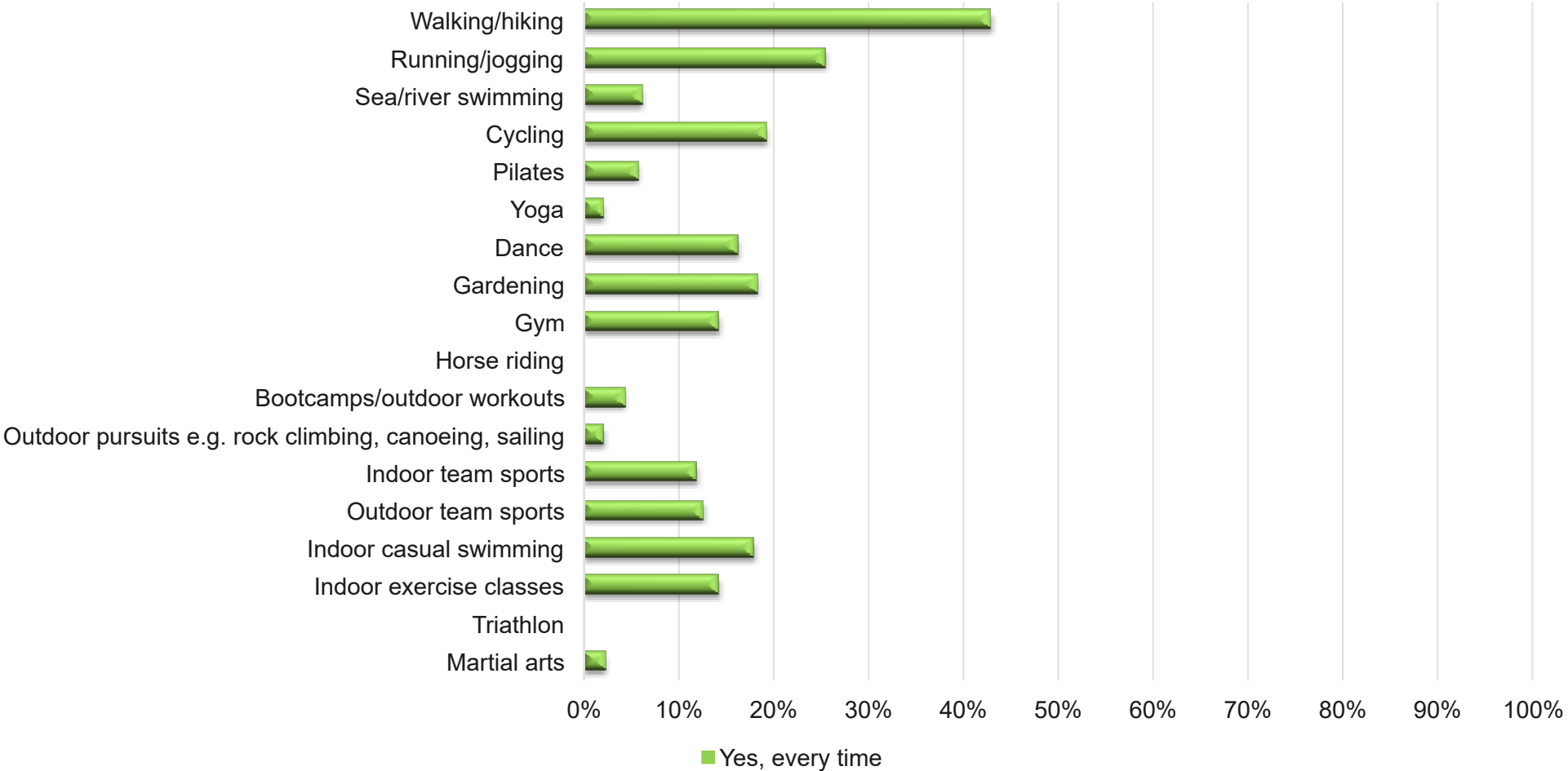
In the past 7 days, how many minutes of physical activity have you undertaken? (4)



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Community Leisure Survey Analysis

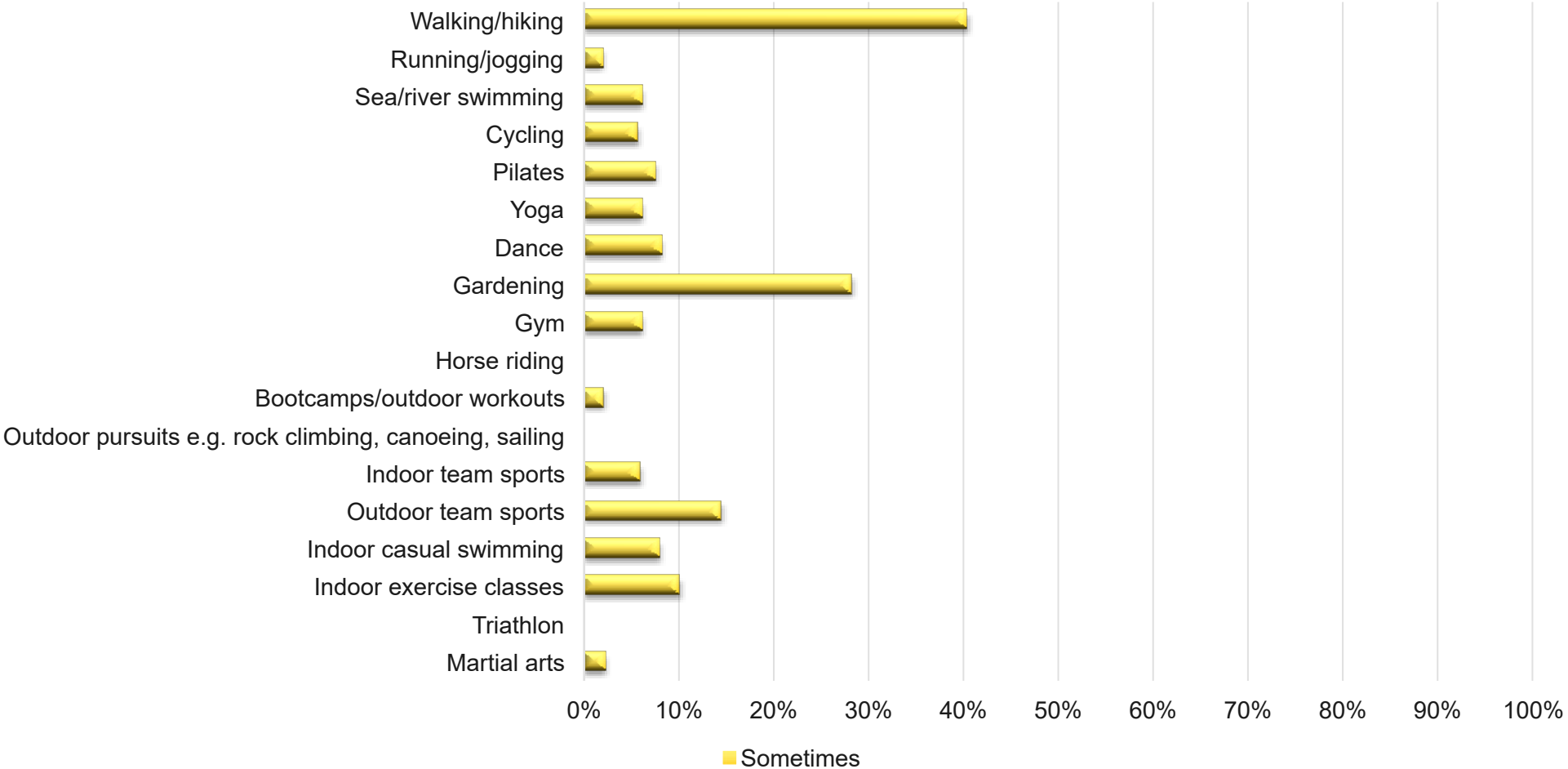
Thinking about each physical activity you have undertaken in the past 7 days, was it enough to raise your heart rate? (1)



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Community Leisure Survey Analysis

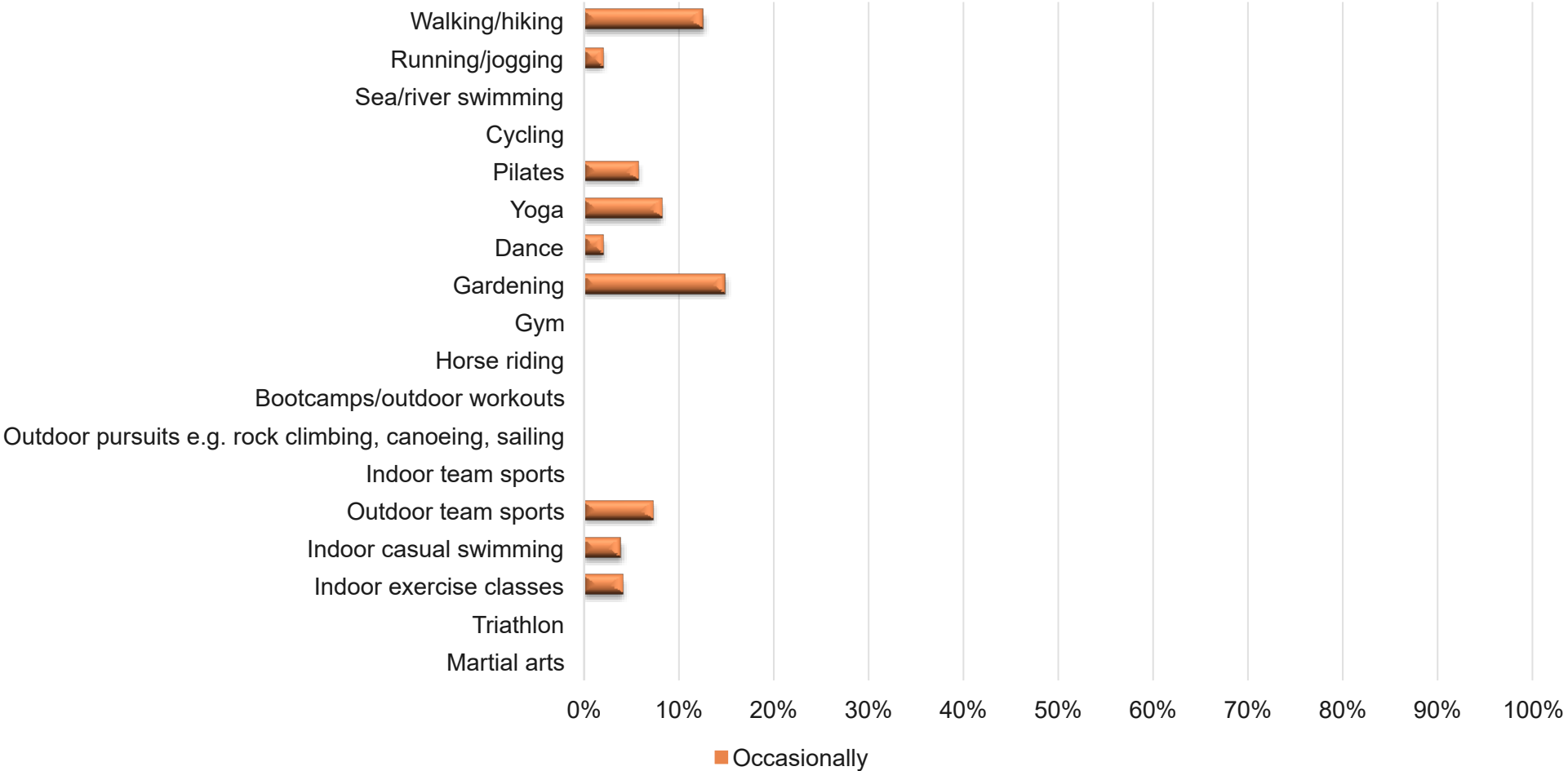
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Community Leisure Survey Analysis

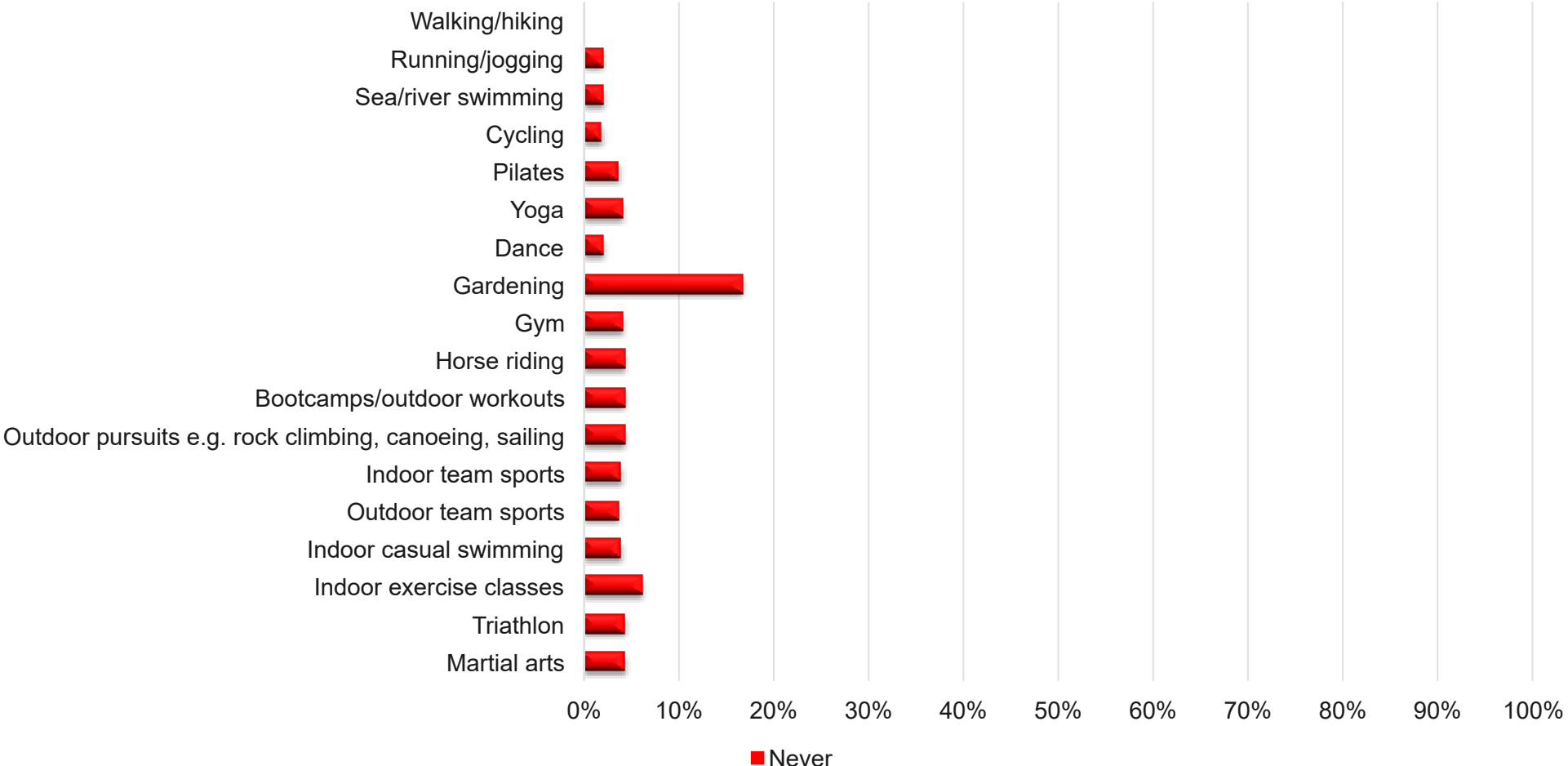
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Community Leisure Survey Analysis

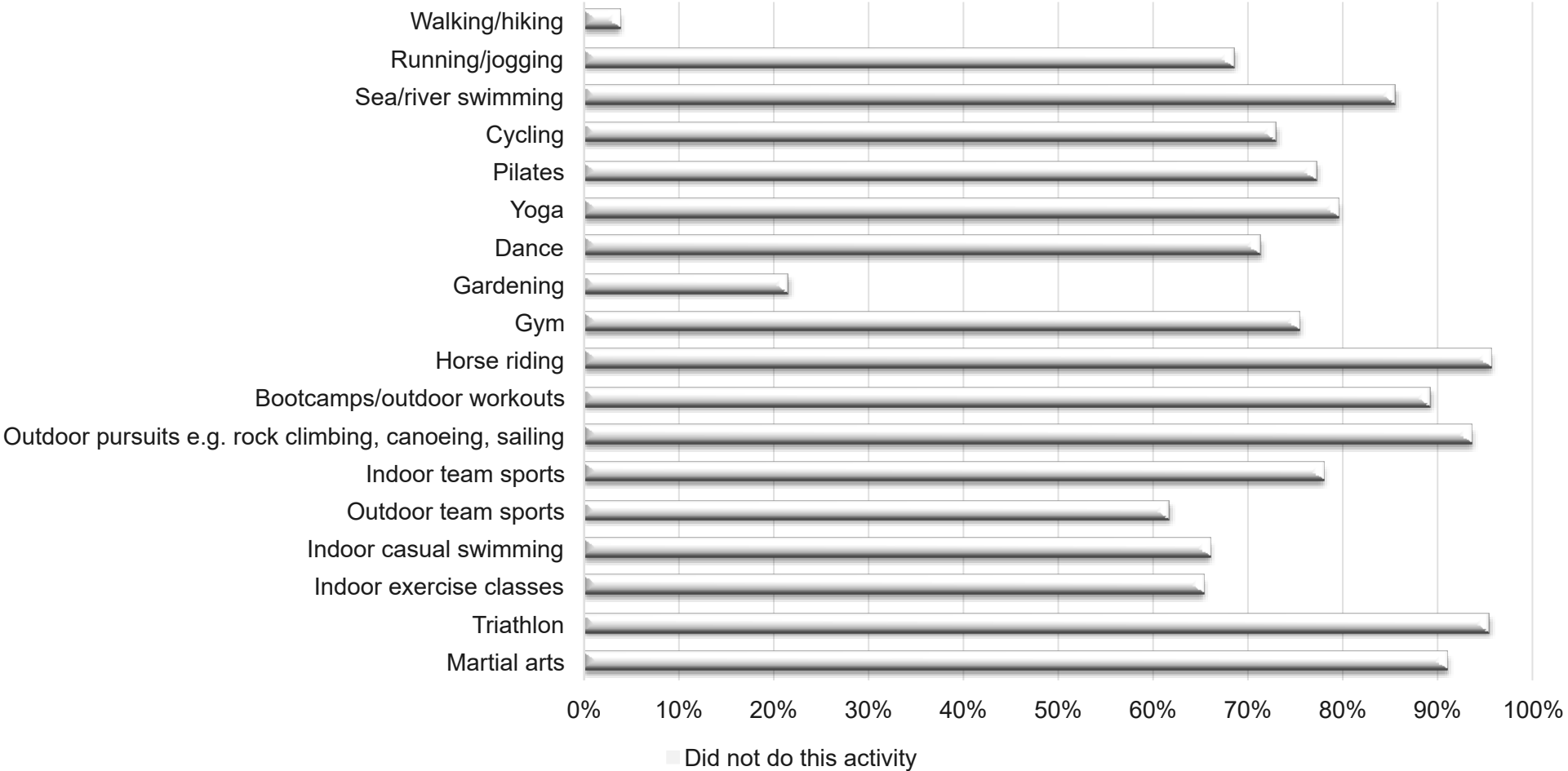
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Community Leisure Survey Analysis

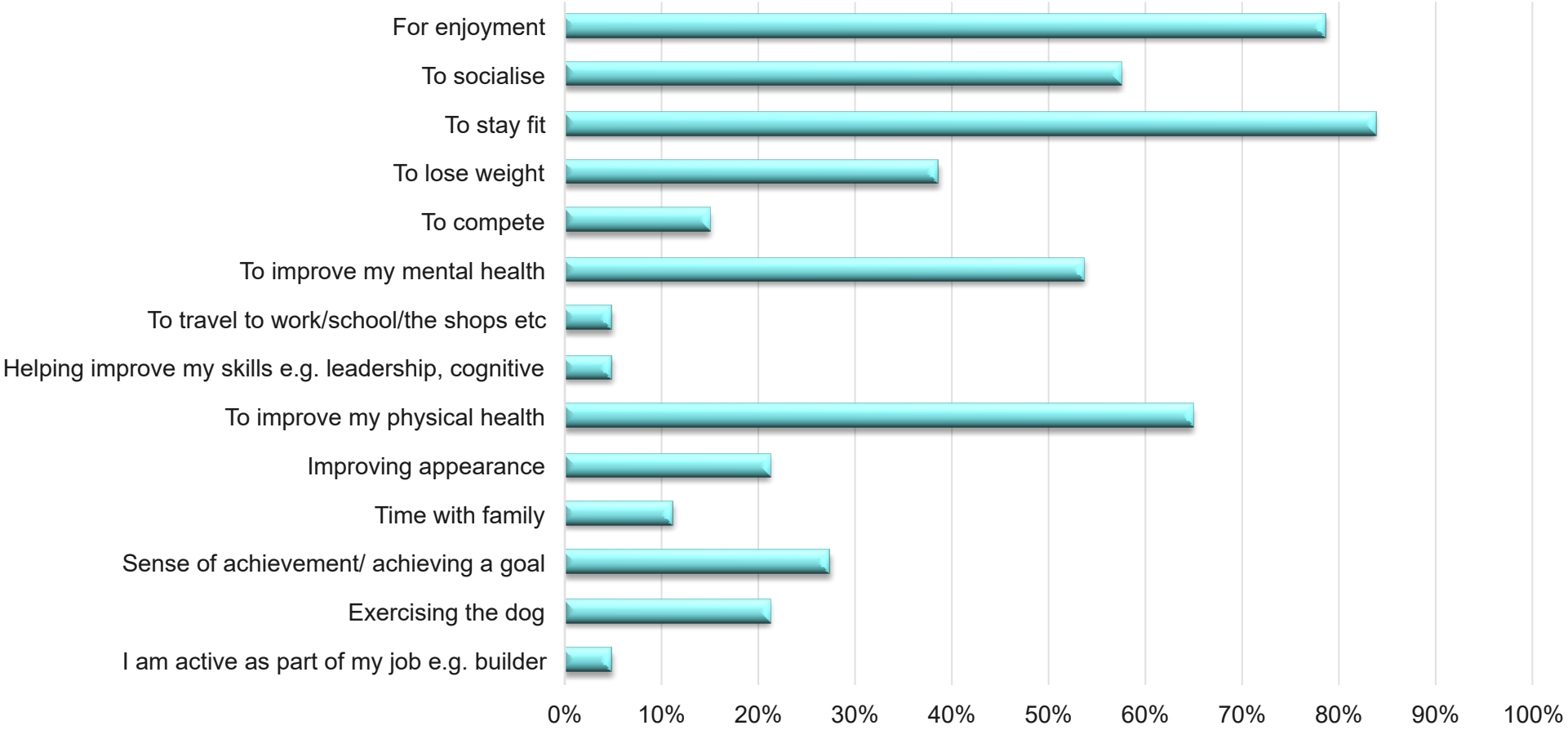
Thinking about each physical activity you have undertaken in the past 7 days, was it enough to raise your heart rate? (5)



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Community Leisure Survey Analysis

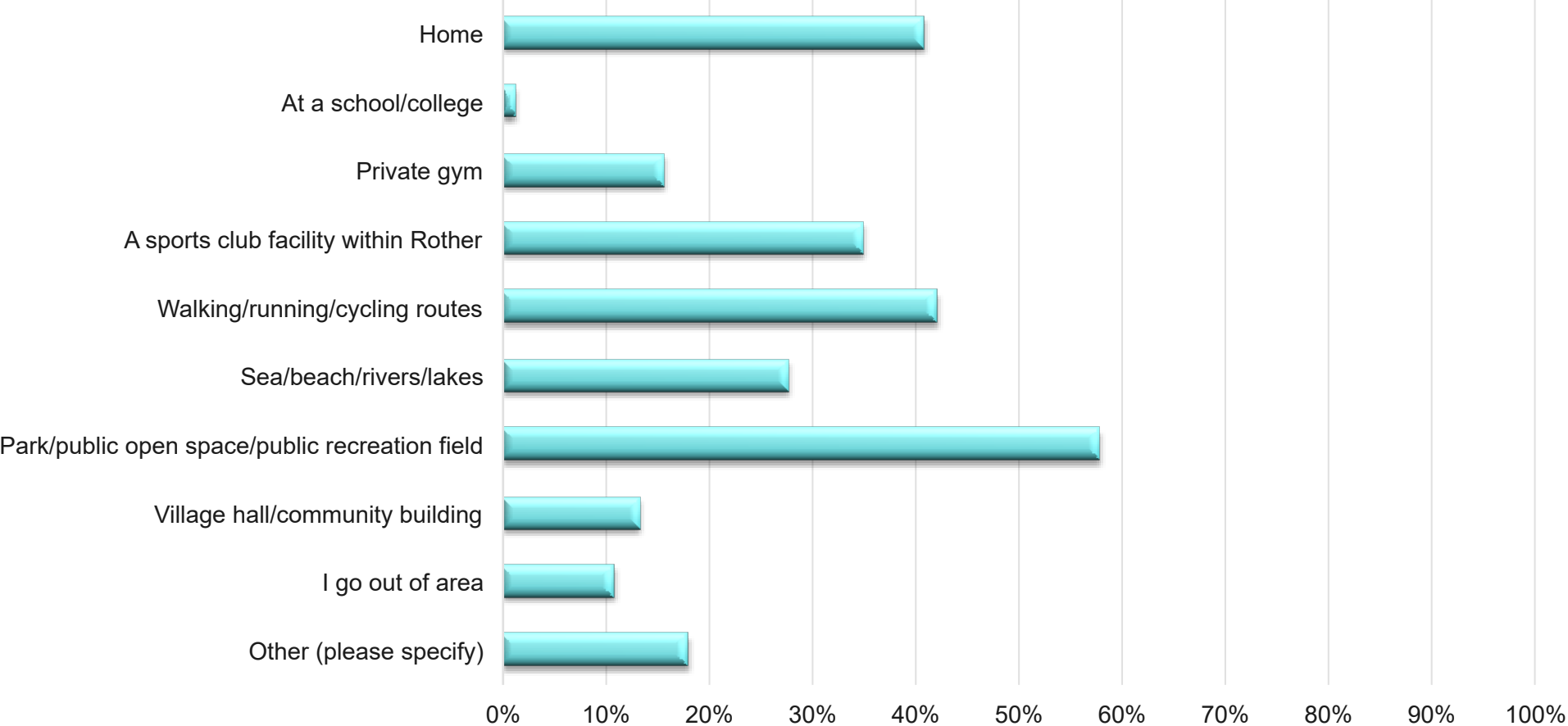
Why do you choose to take part in physical activity? (tick all that apply)



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Community Leisure Survey Analysis

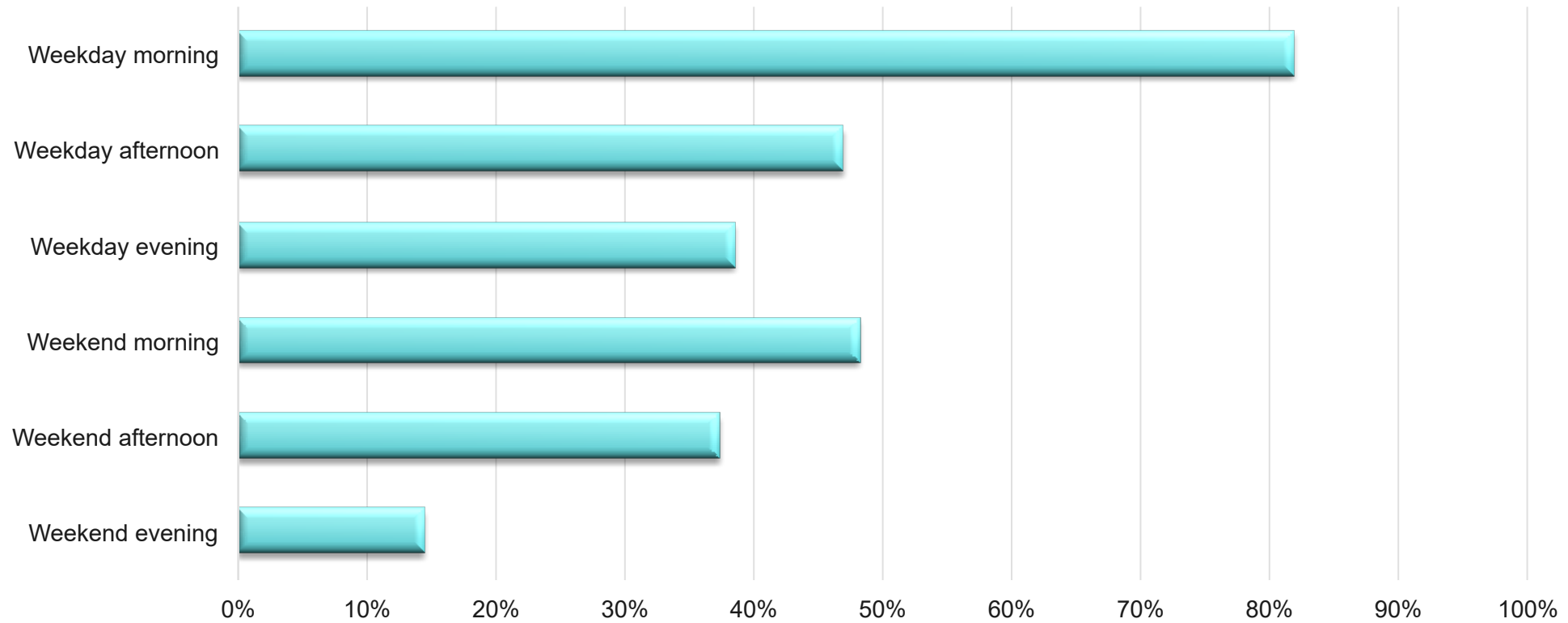
Where do you participate in physical activity in Rother? Please tick all that apply.



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Community Leisure Survey Analysis

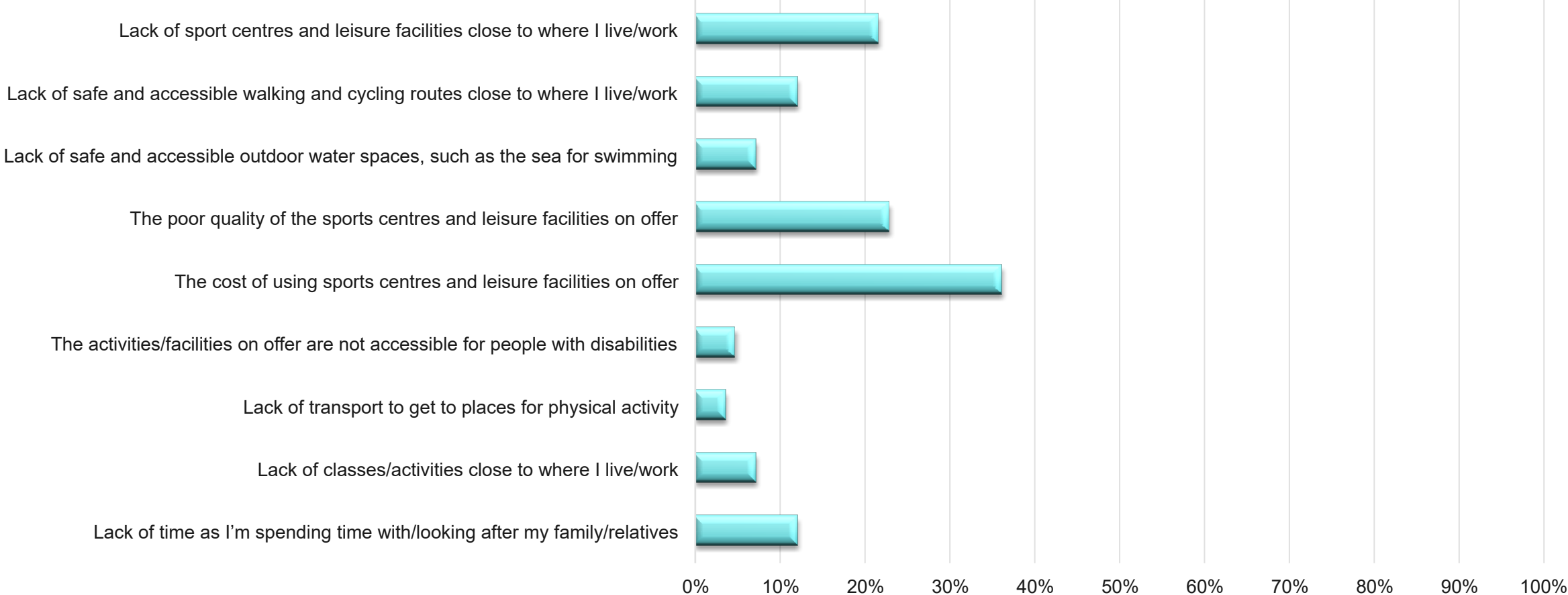
When are you most likely to take part? (tick all that apply)



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Community Leisure Survey Analysis

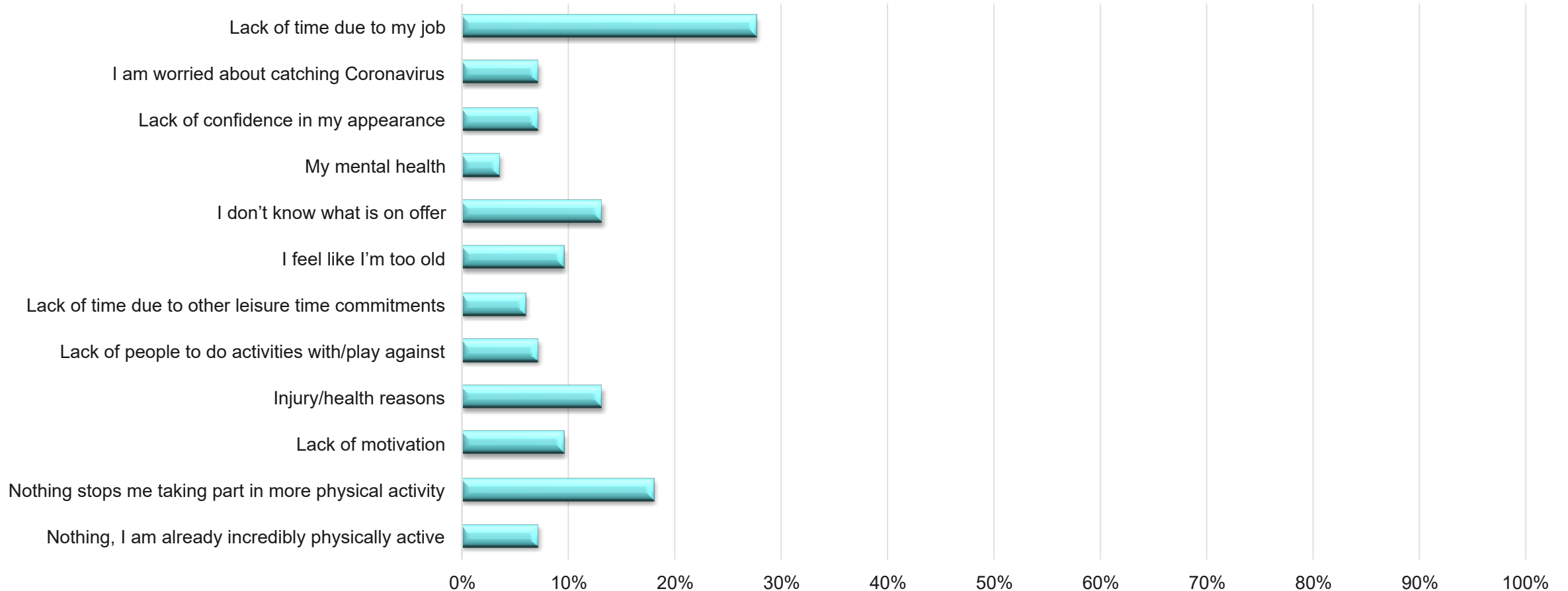
What stops to you being more physically active, particularly now that we are moving out of Covid-19 Lockdown? please tick all that apply (1)



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Community Leisure Survey Analysis

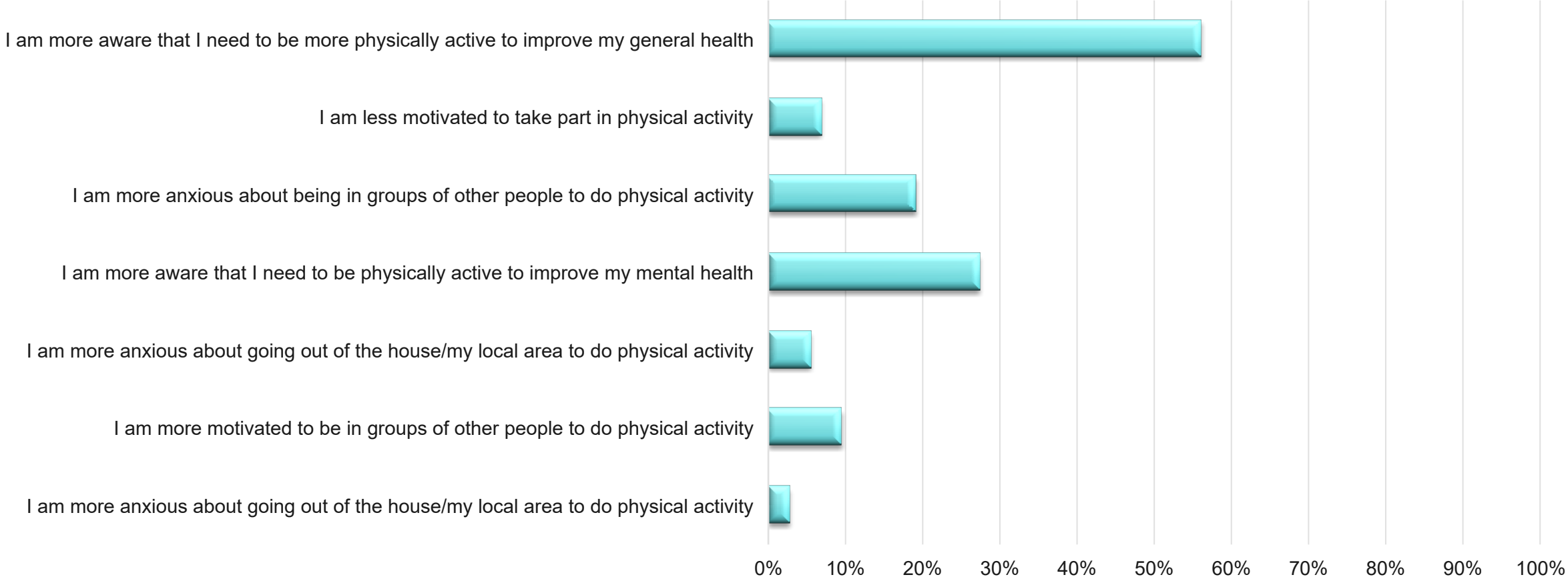
What stops to you being more physically active, particularly now that we are moving out of Covid-19 Lockdown? please tick all that apply (2)



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Community Leisure Survey Analysis

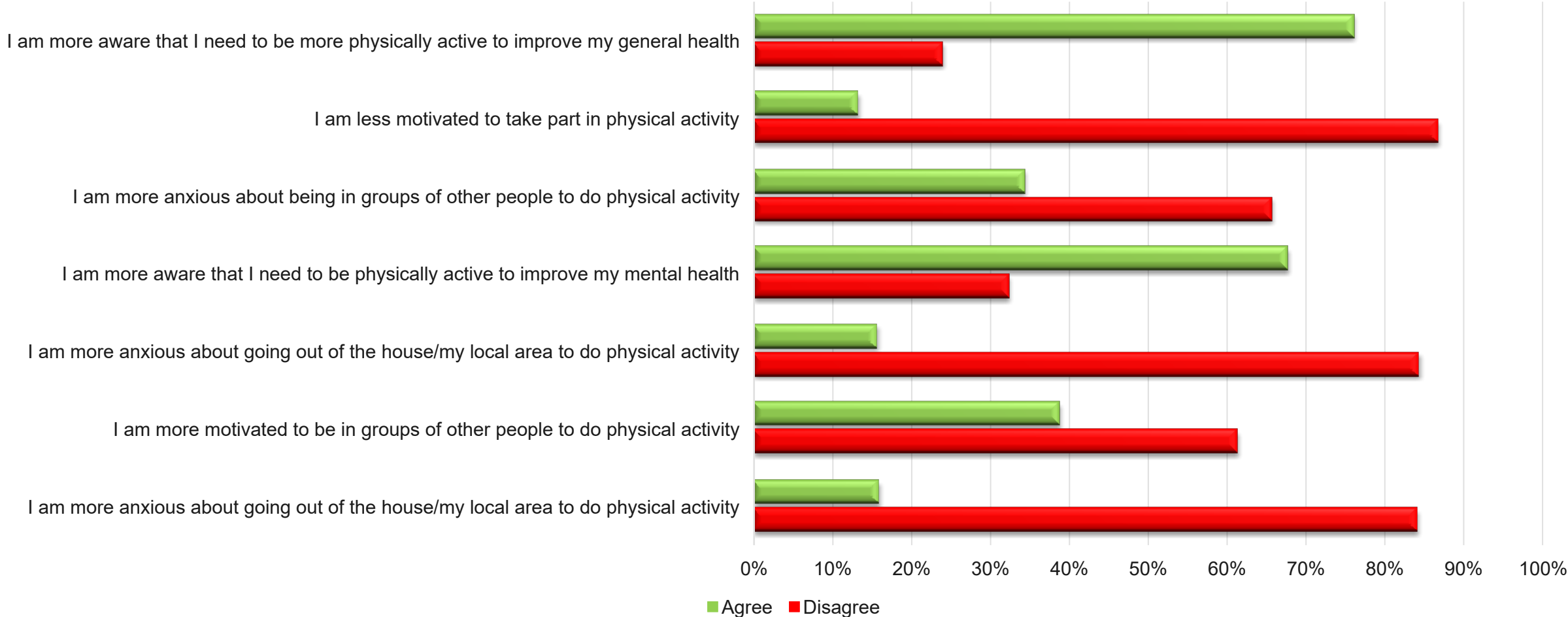
How has Coronavirus changed your feelings about physical activity?



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Community Leisure Survey Analysis

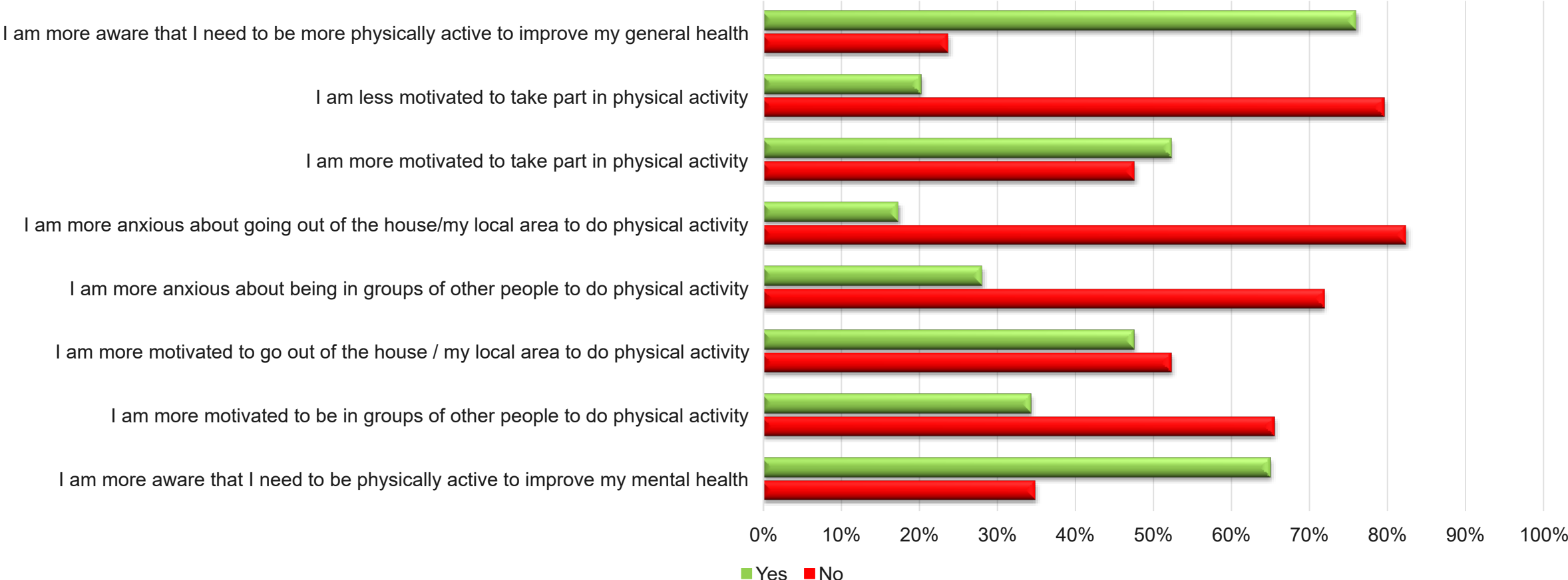
Do you agree / disagree that Coronavirus changed your feelings about physical activity?



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Community Leisure Survey Analysis

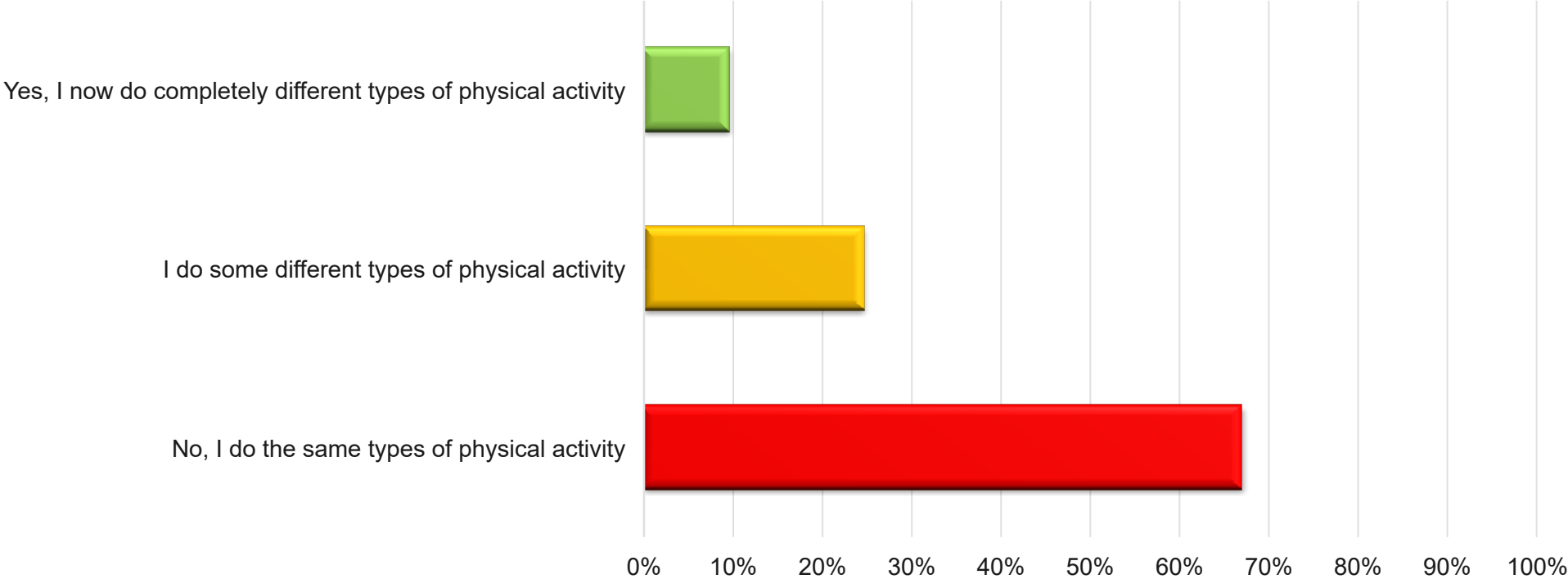
How else has coronavirus changed feelings about physical activity?



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Community Leisure Survey Analysis

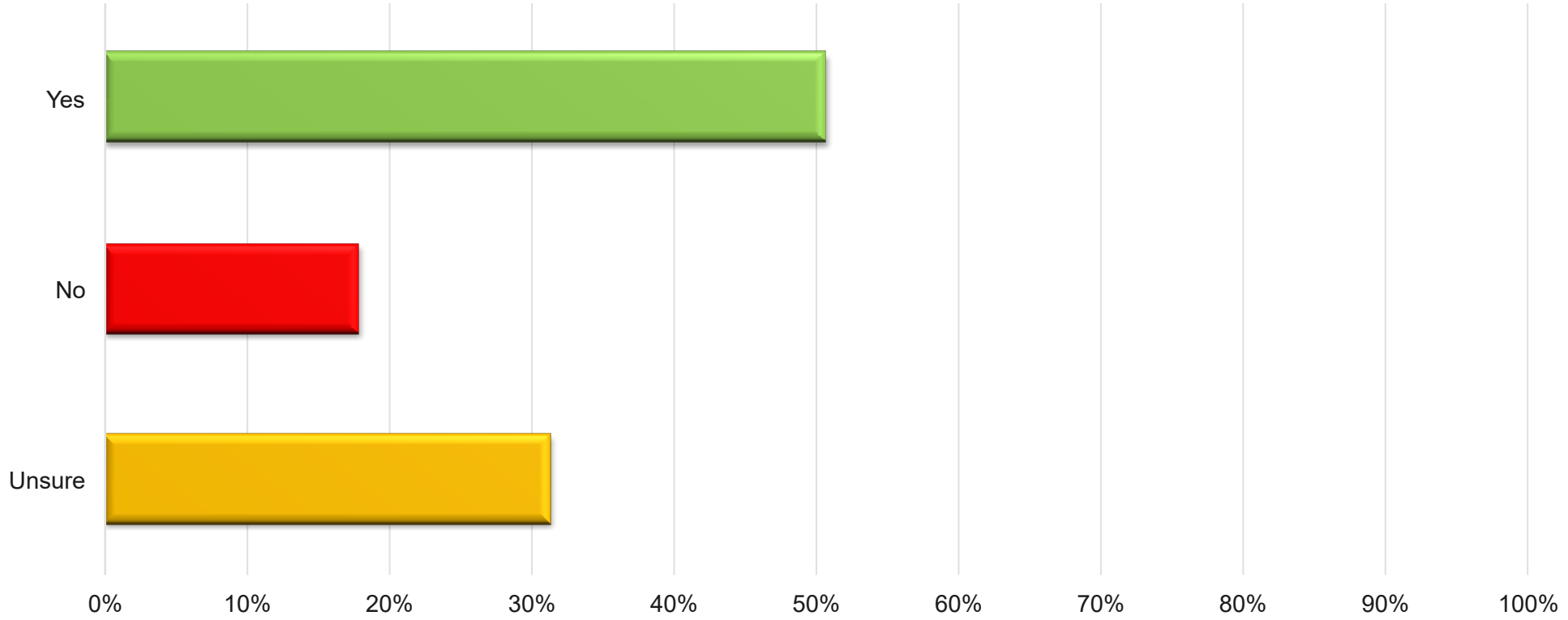
Do you do different types of physical activity now than before the Coronavirus pandemic?



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Community Leisure Survey Analysis

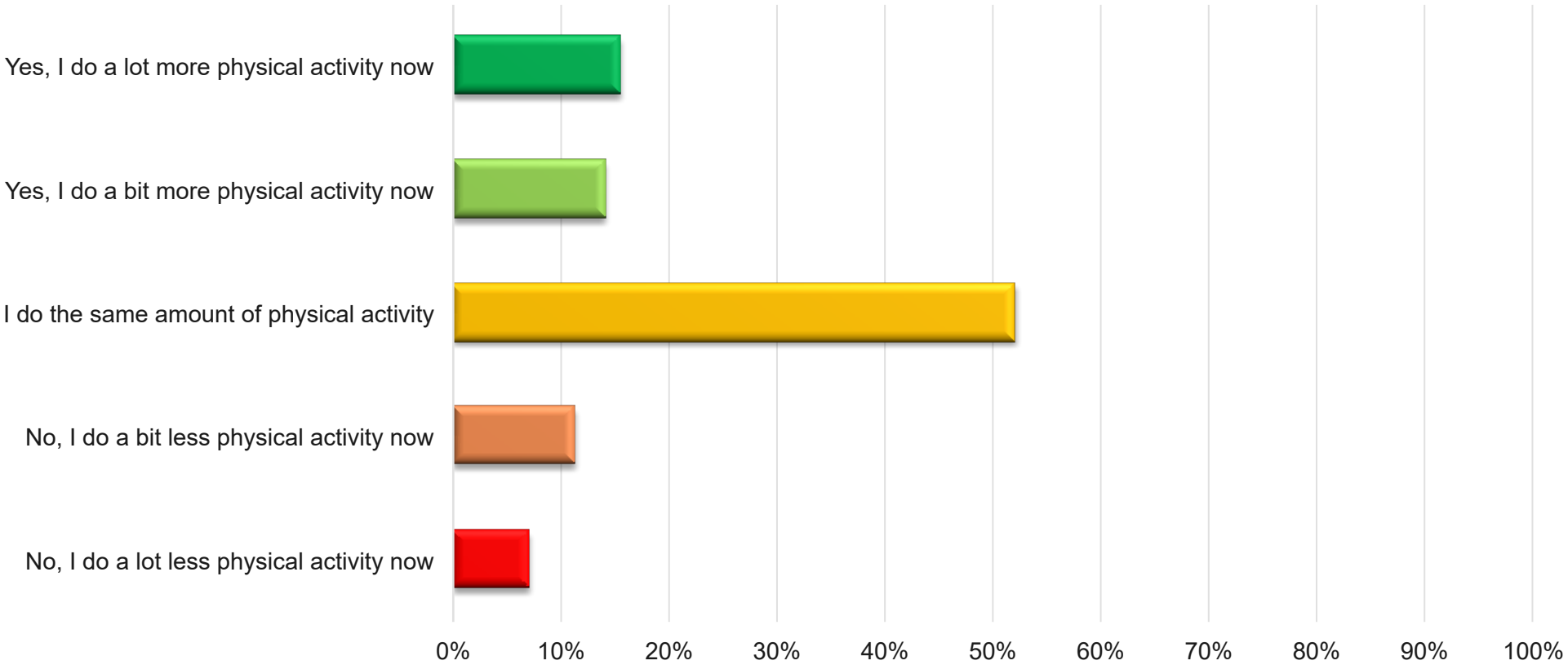
Do you think this will be a permanent change?



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Community Leisure Survey Analysis

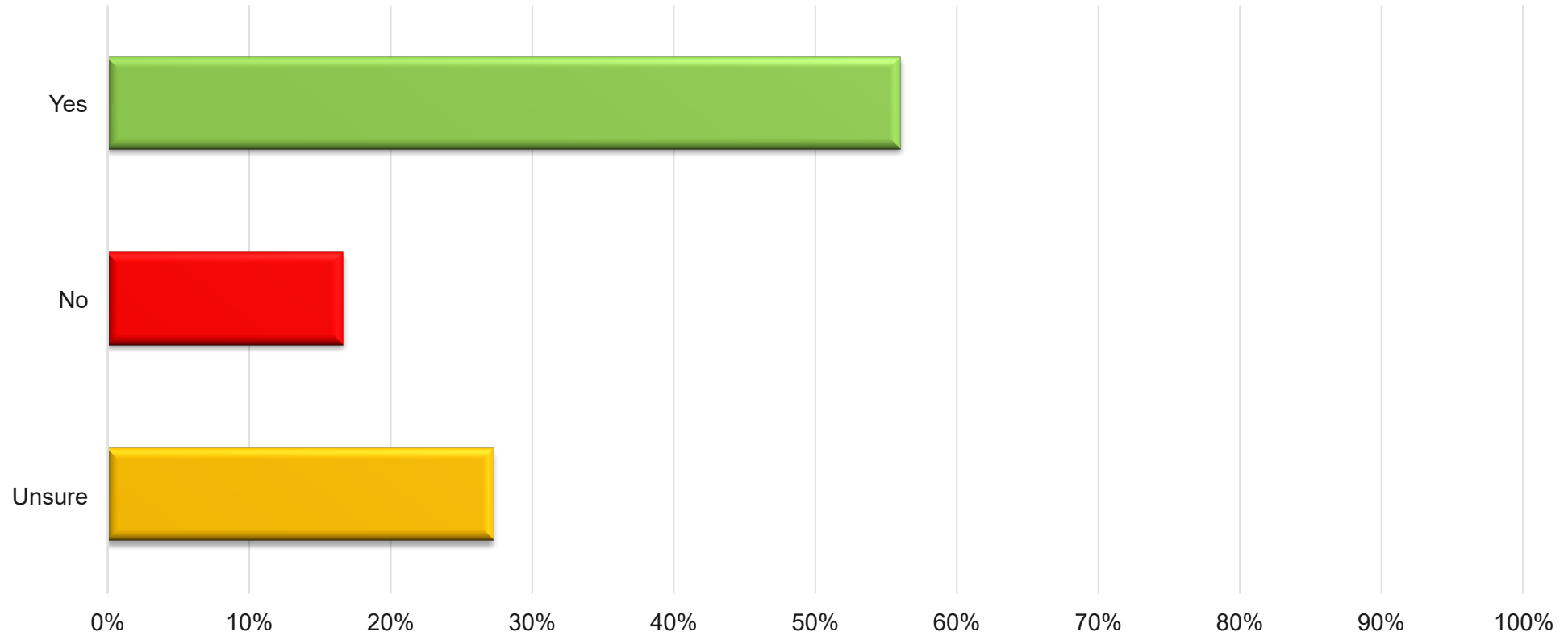
Do you do more physical activity now than before Coronavirus pandemic started in March 2020?



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Community Leisure Survey Analysis

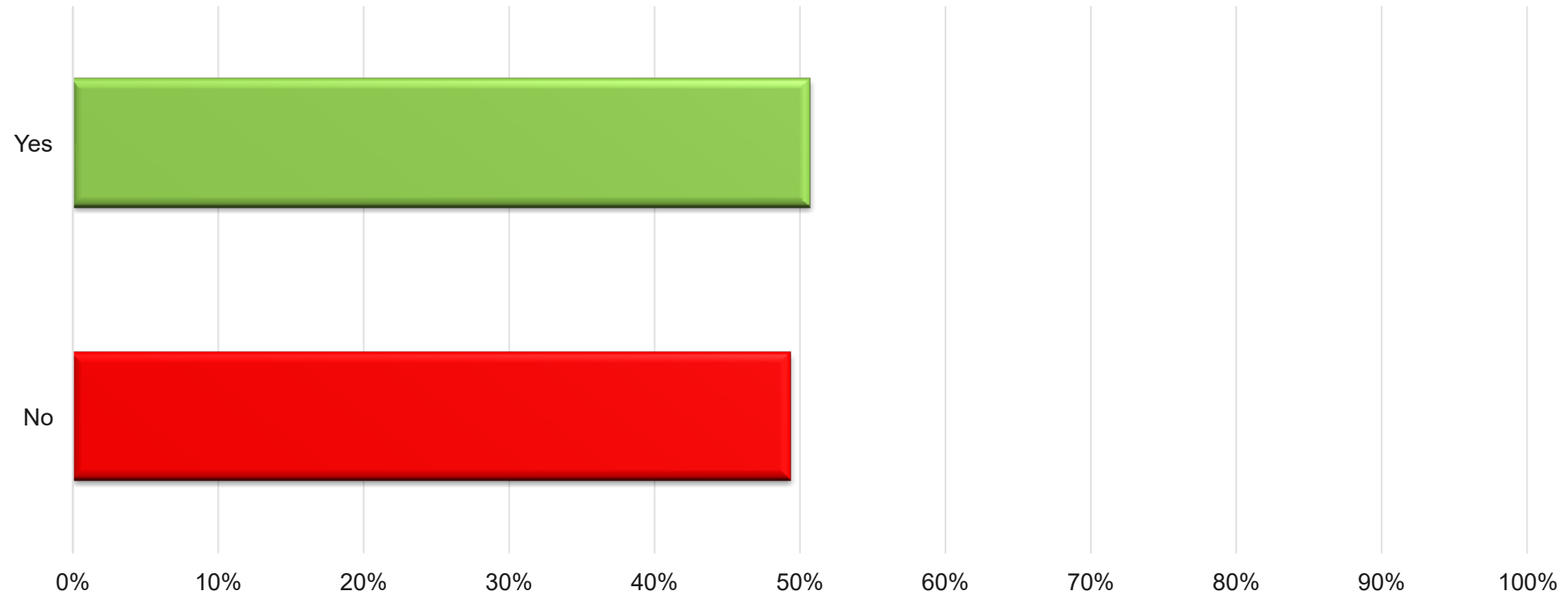
Do you think this will be a permanent change?



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Community Leisure Survey Analysis

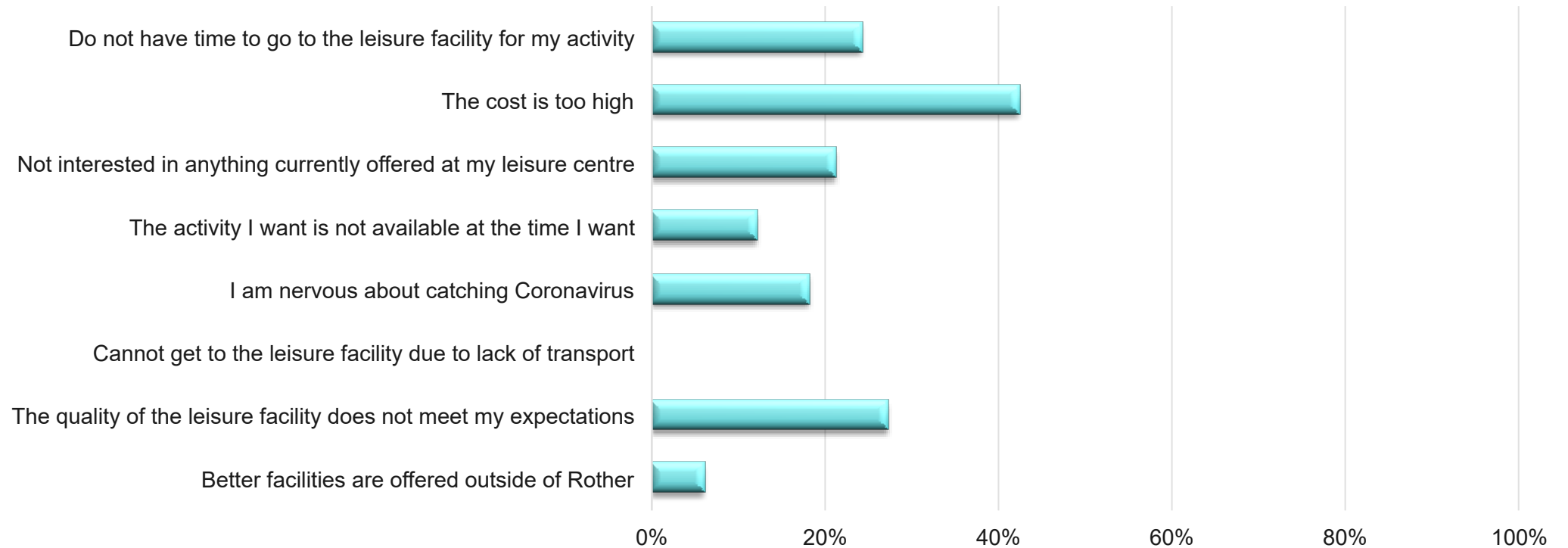
Do you currently use any indoor leisure facilities in Rother to take part in physical activity e.g. private gym, sports club, local leisure centre, school indoor sports facilities?



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Community Leisure Survey Analysis

What are your reasons for not using local indoor leisure facilities within Rother? Please select all that apply (1)



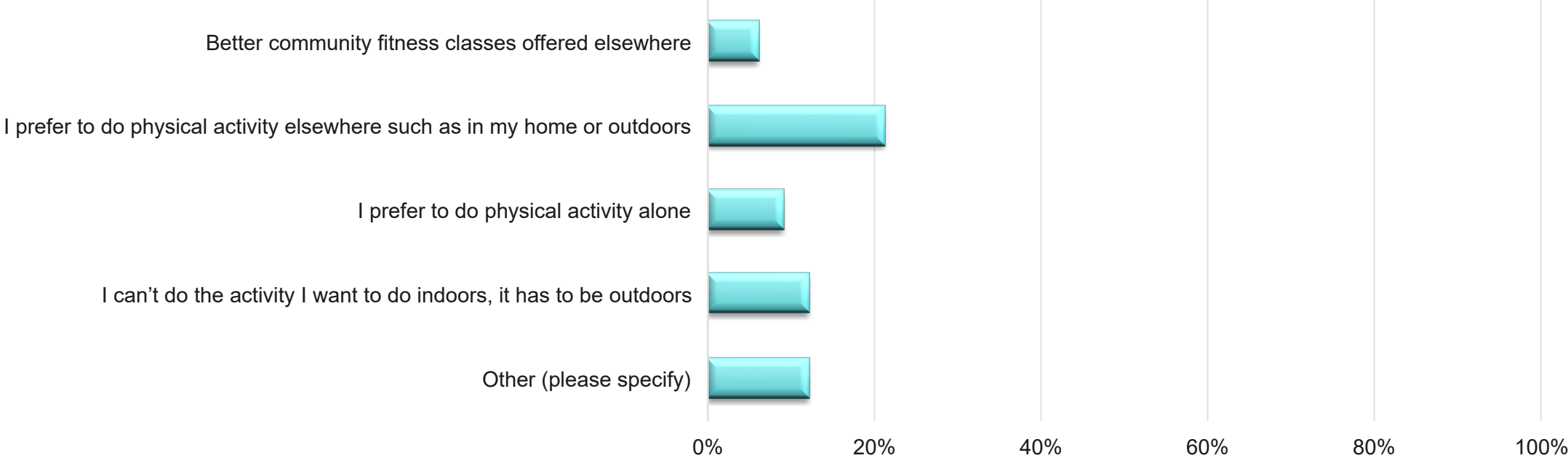
Respondents that selected 'other' gave the following reasons:

- Injury
- No decent swimming pool
- No facilities in Battle where I live
- I don't know what is available

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Community Leisure Survey Analysis

What are your reasons for not using local indoor leisure facilities within Rother? Please select all that apply (2)



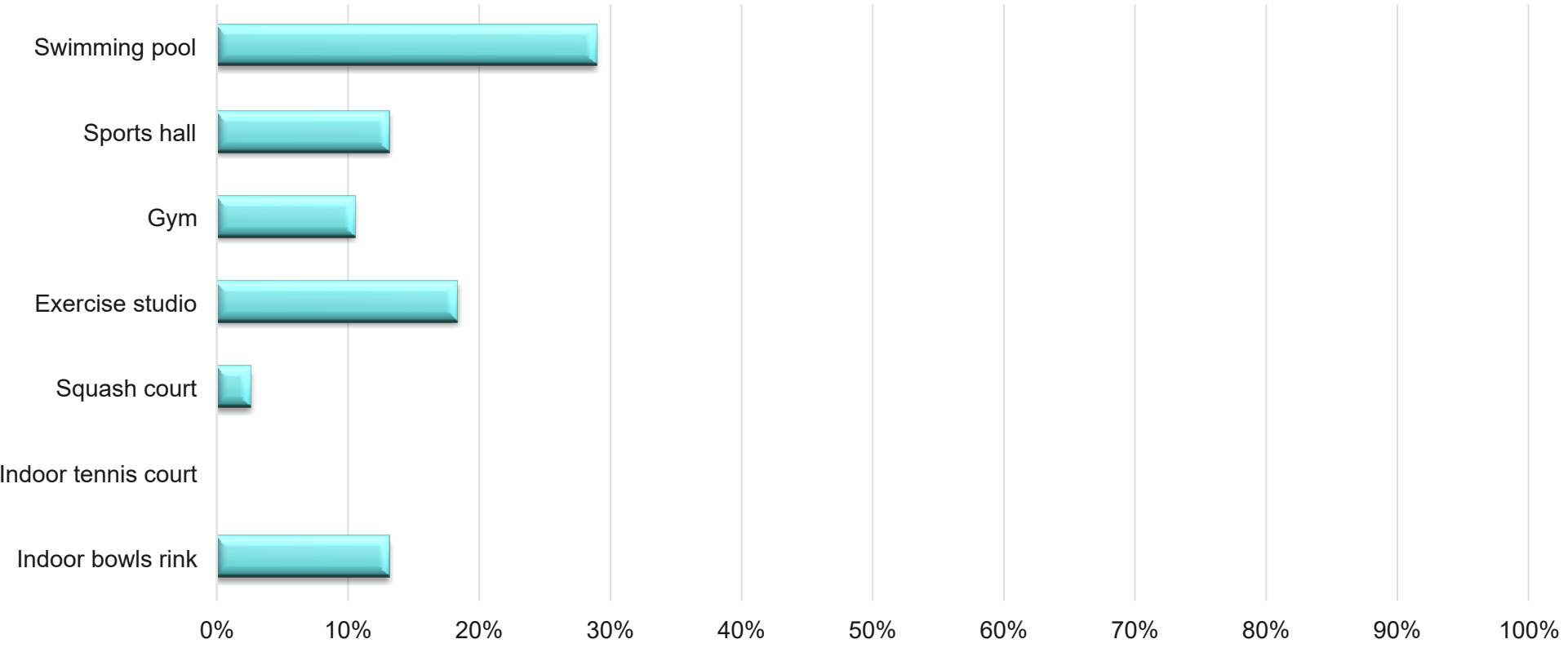
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Community Leisure Survey Analysis

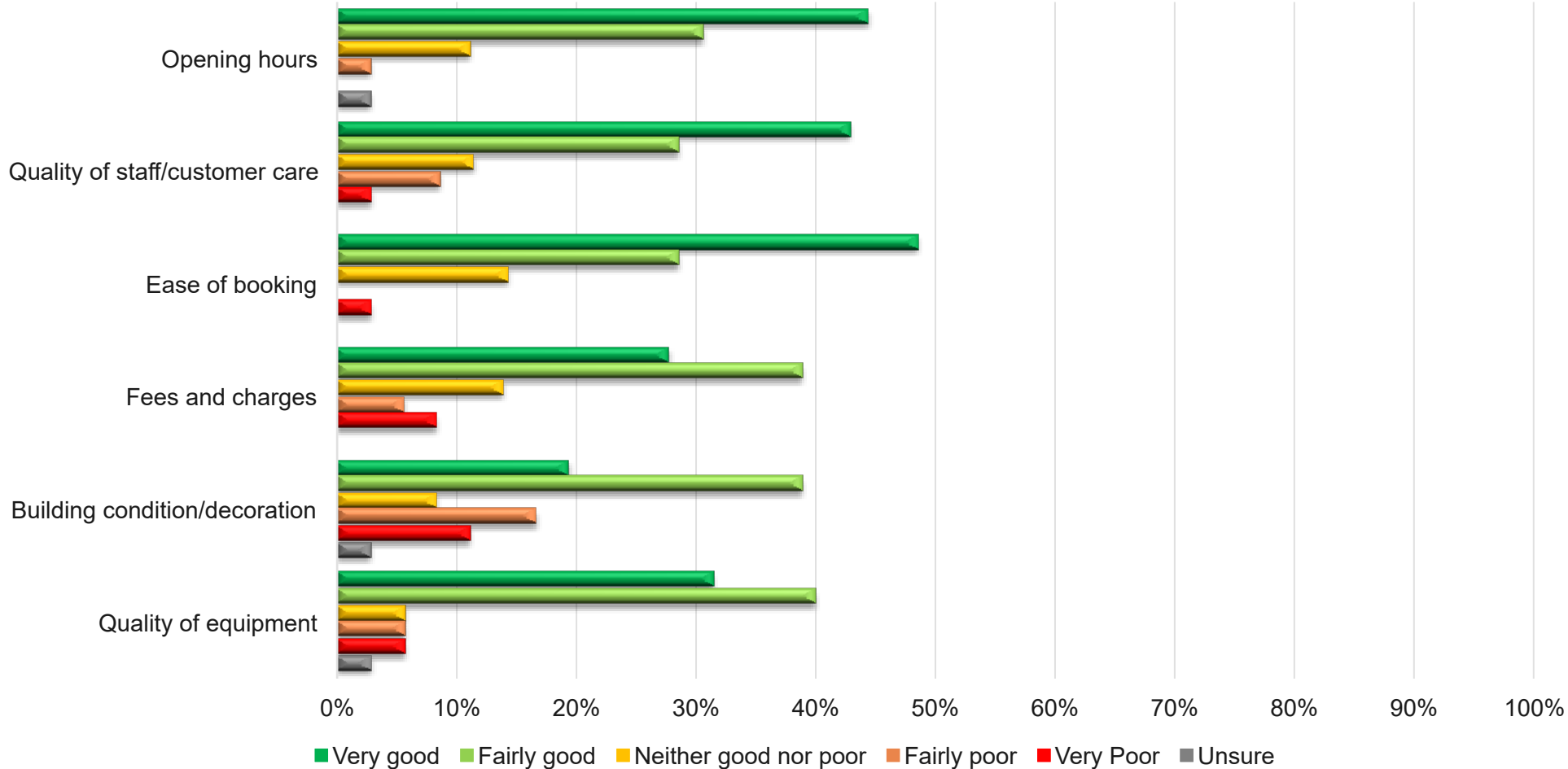
Which of the following do you use at the leisure facility you use most often? please select all that apply



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Community Leisure Survey Analysis

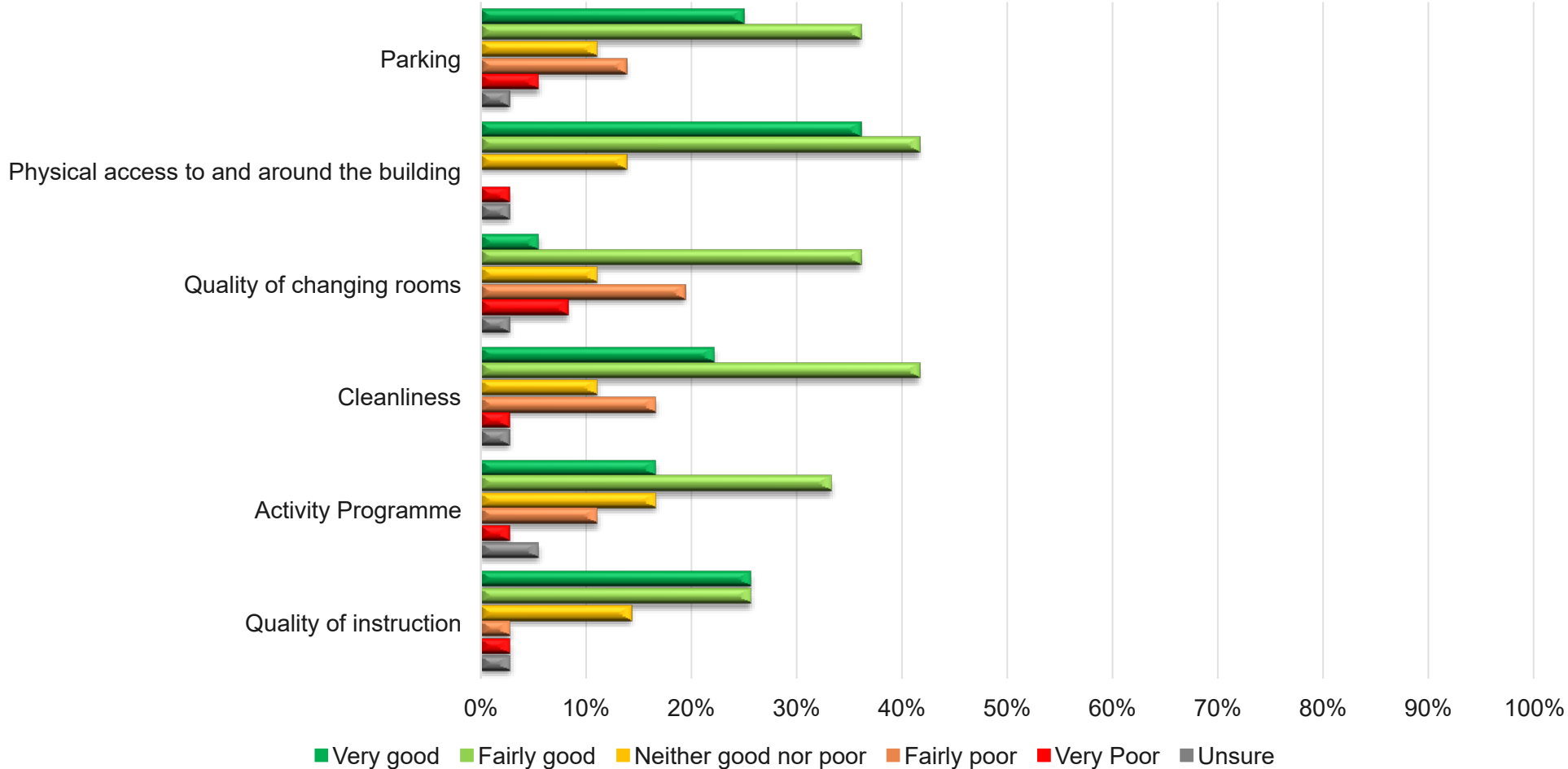
How would you rate the following aspects of service? (1)



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Community Leisure Survey Analysis

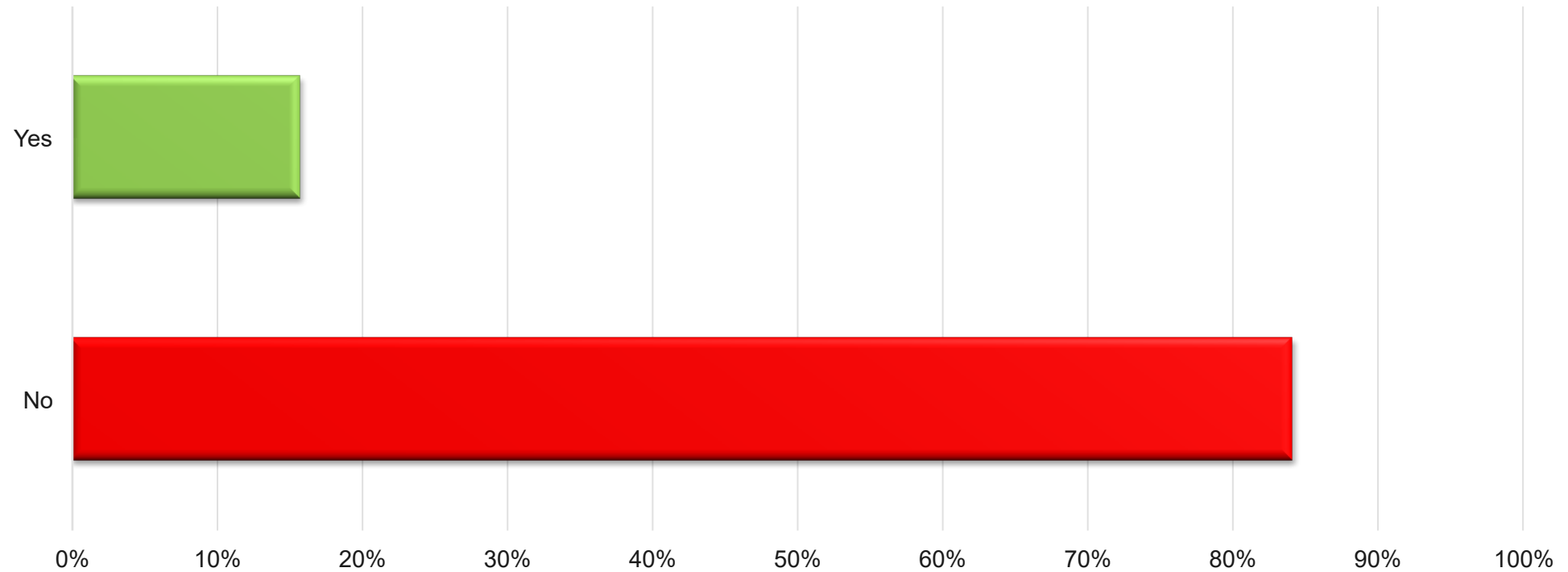
How would you rate the following aspects of service? (2)



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Community Leisure Survey Analysis

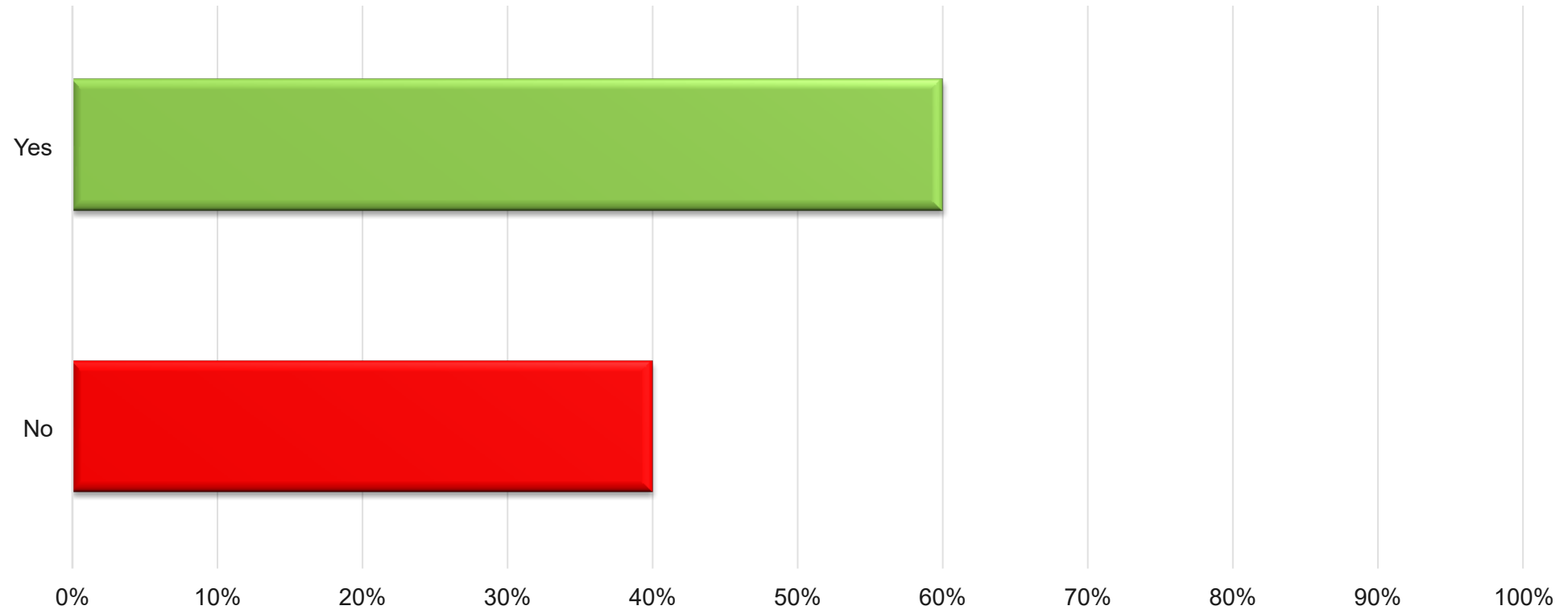
Have you ever participated in a physical activity course/programme at the indoor leisure facility that you use e.g. GP Referral, Weight Management, Active Mums, Ways to Wellbeing etc?



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Community Leisure Survey Analysis

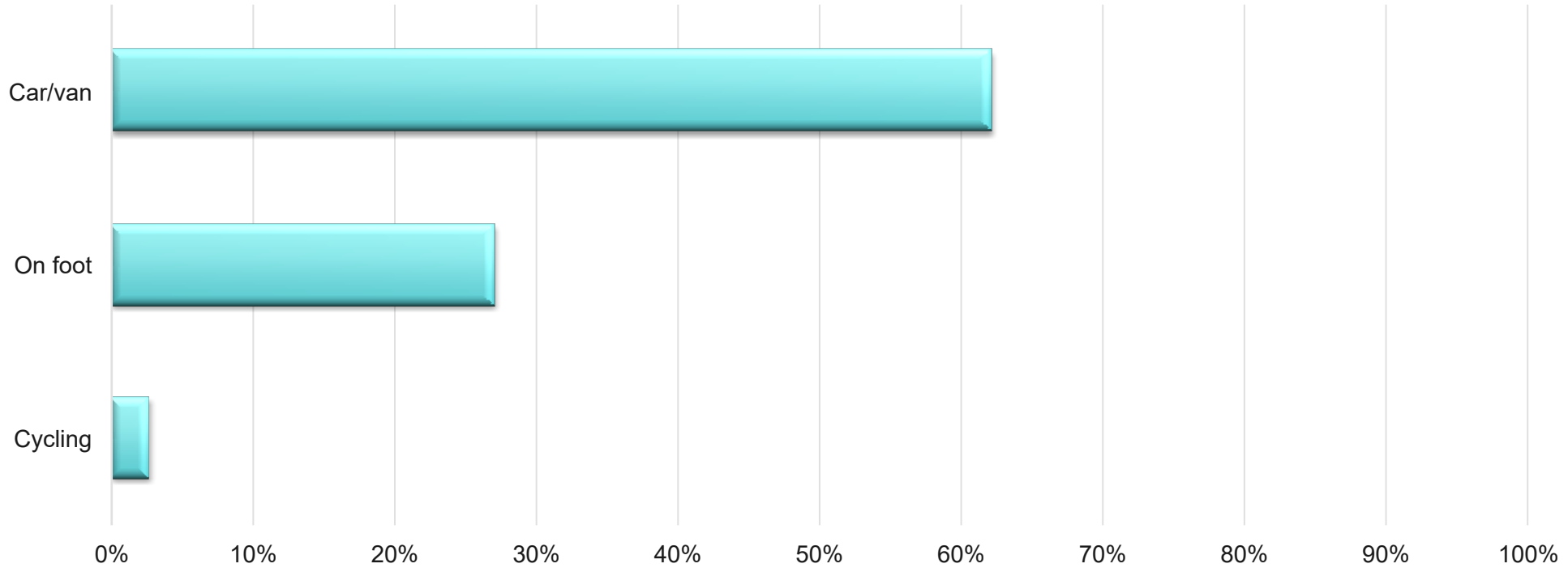
Has the course resulted in a positive long term change in your physical health and wellbeing?



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Community Leisure Survey Analysis

When you travel to and from the Rother indoor leisure facility you use most often, what is your main mode of transport?



Comments made include:

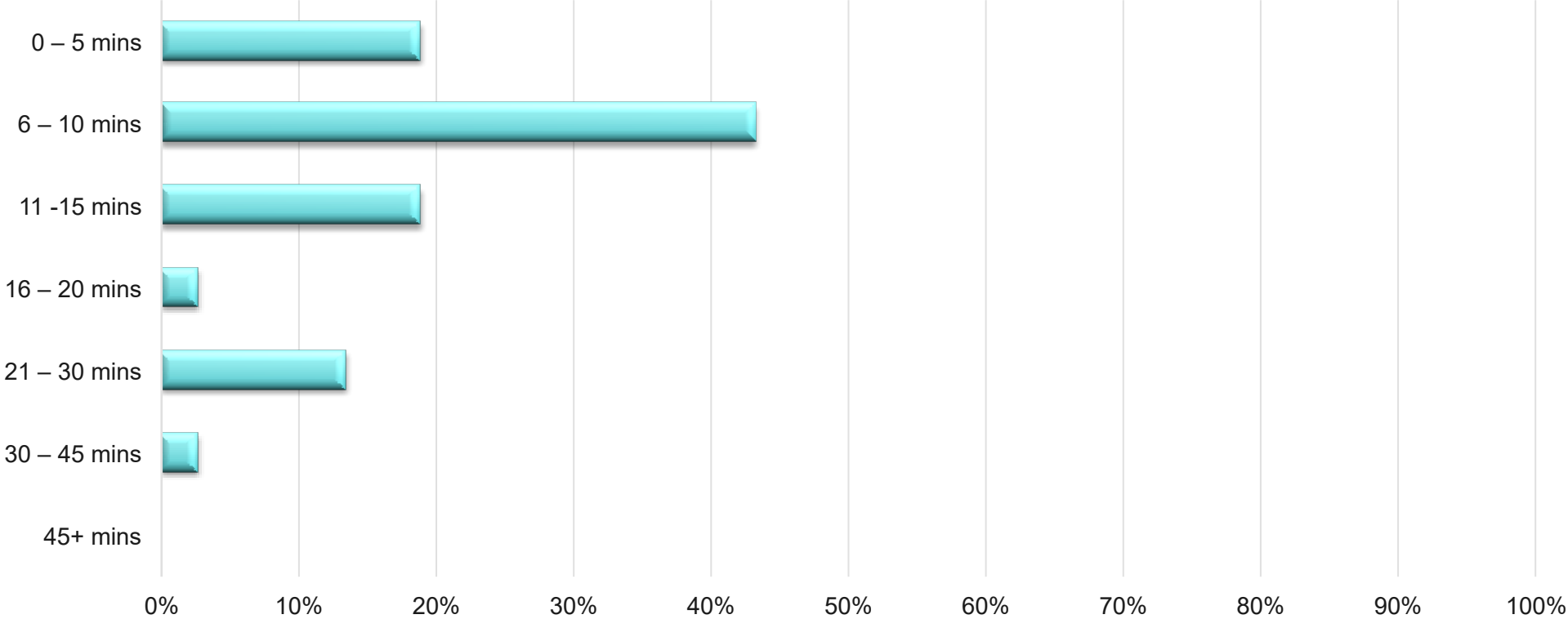
I have been driving but due to fuel increases I know this cannot continue and I will have to go by bus

Answered: 37 Skipped: 67

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Community Leisure Survey Analysis

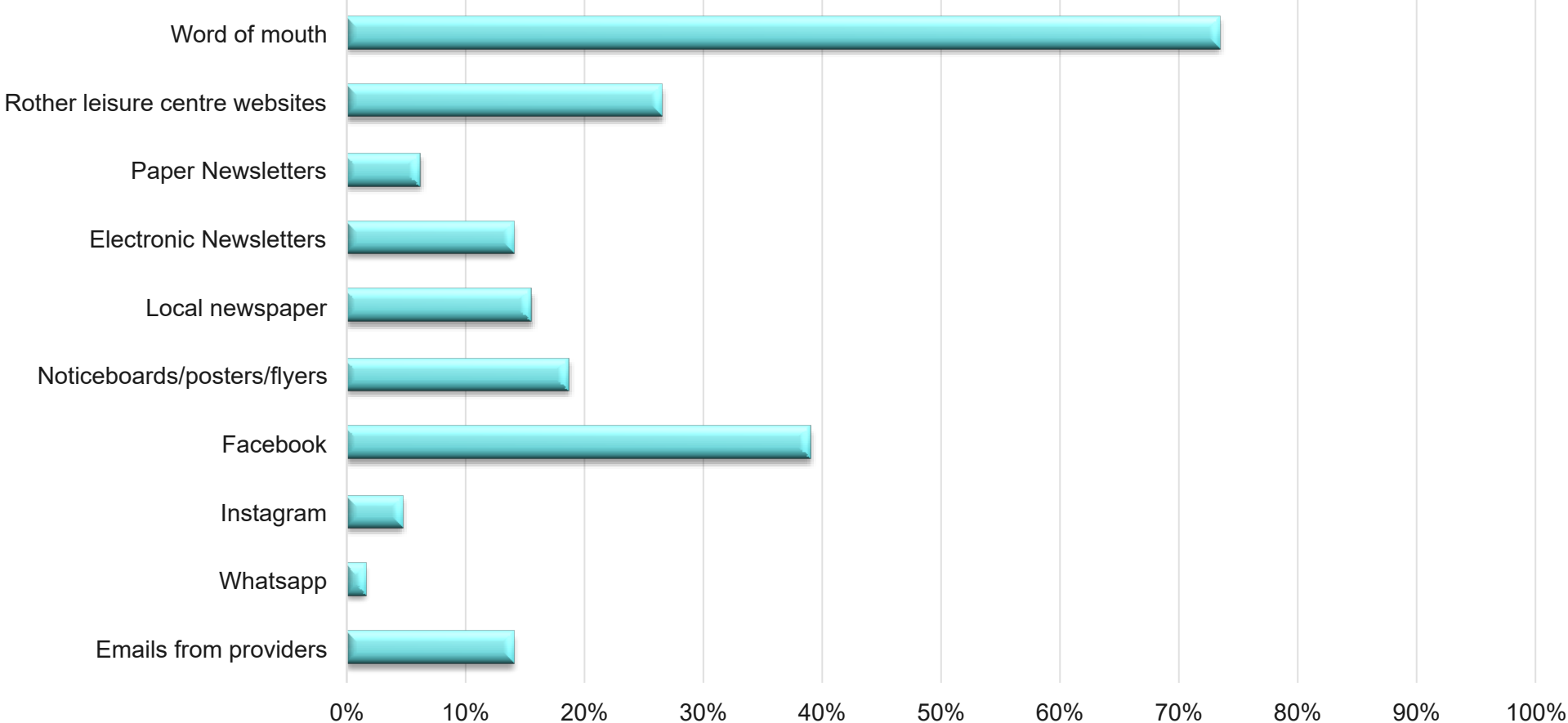
How long is your typical journey time to your indoor leisure centre?



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Community Leisure Survey Analysis

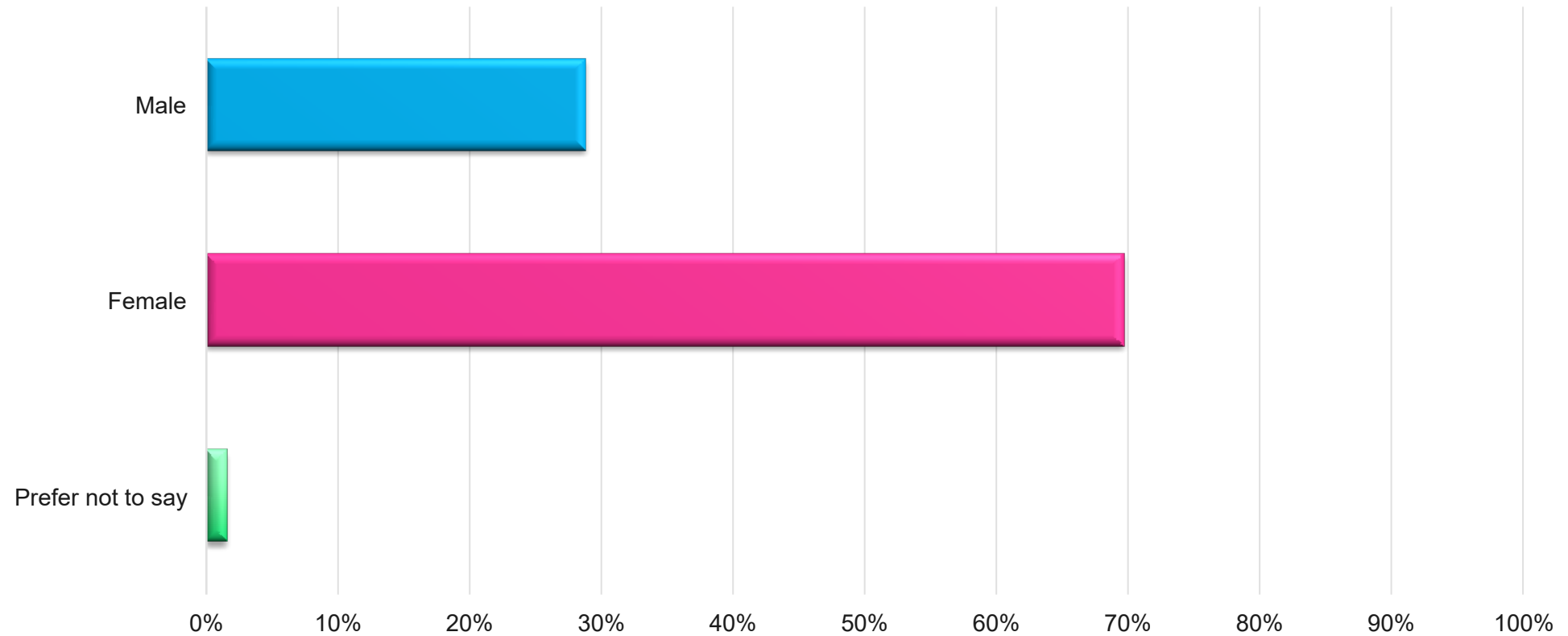
How do you normally find out about sport and physical activities available in the community? (please tick all that apply)



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Community Leisure Survey Analysis

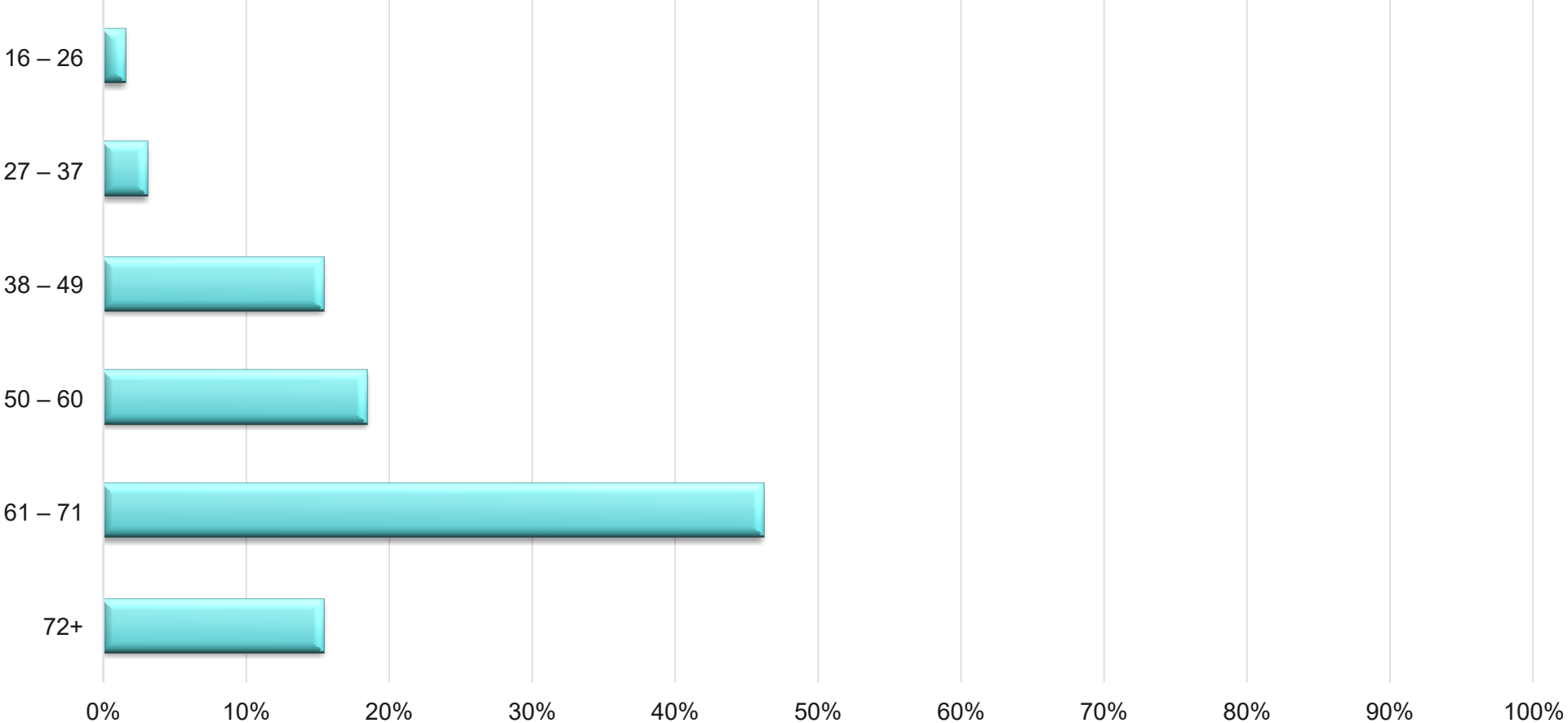
Which of the following most accurately describes you?



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Community Leisure Survey Analysis

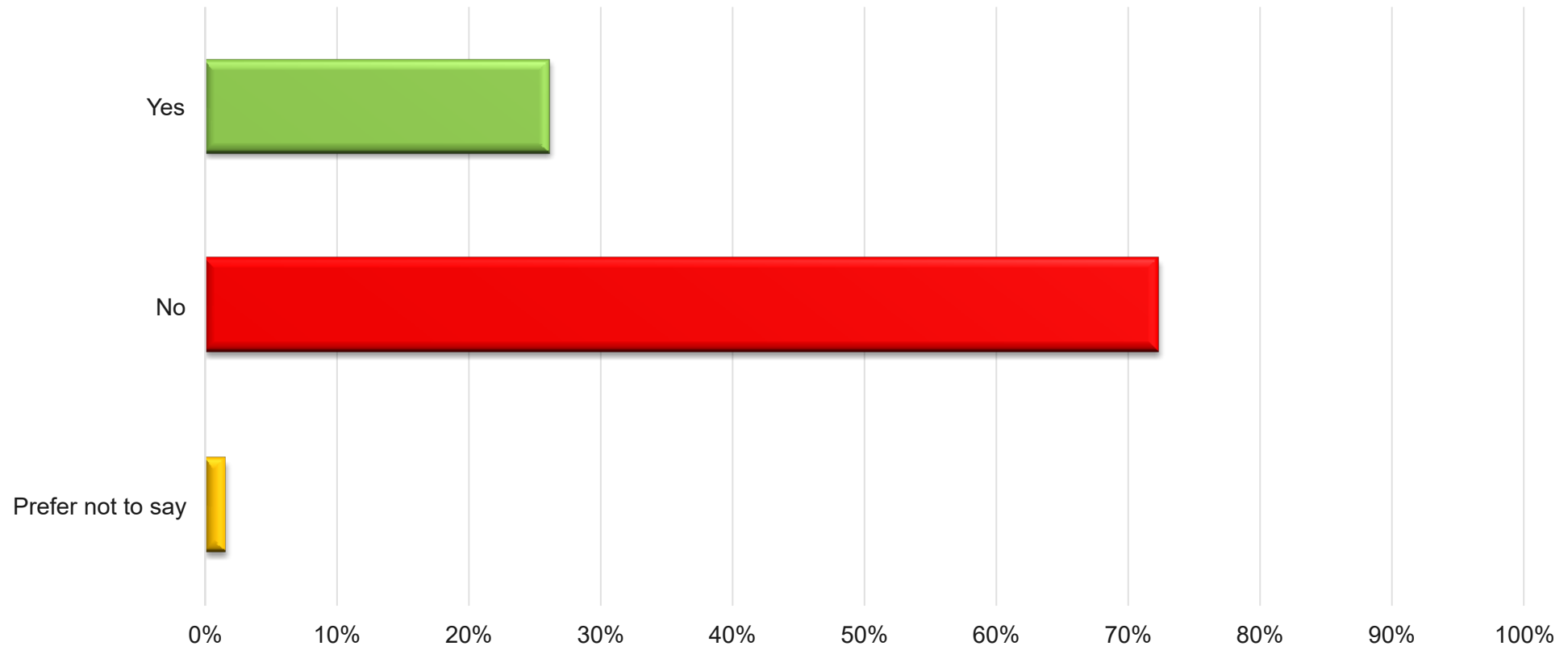
Age Range:



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Community Leisure Survey Analysis

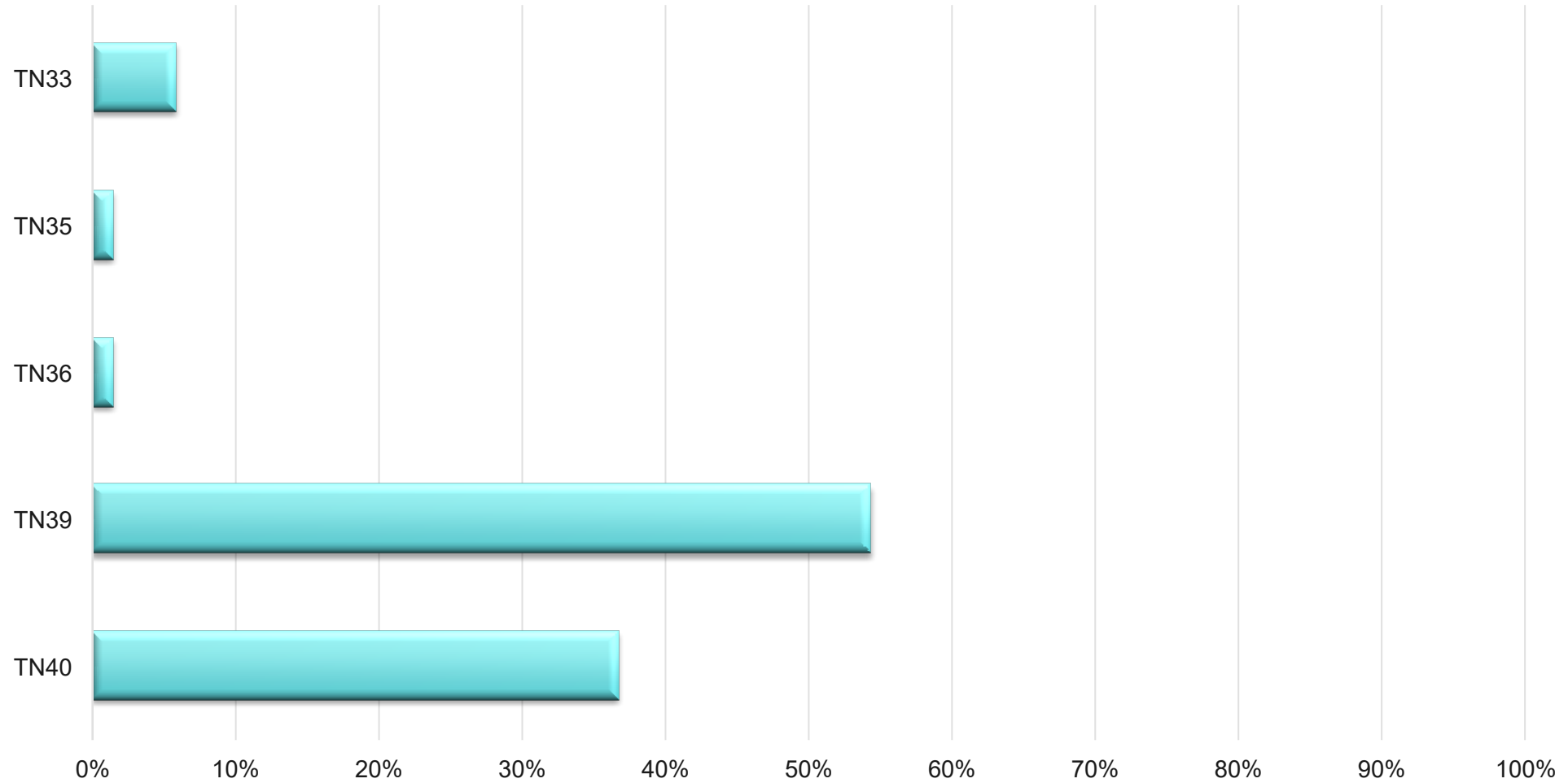
Do you have a long-standing illness, disability or infirmity that limits your day to day activities in any way? (long standing means anything that has troubled you over a period of time or that is likely to affect you over a period of time).



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Community Leisure Survey Analysis

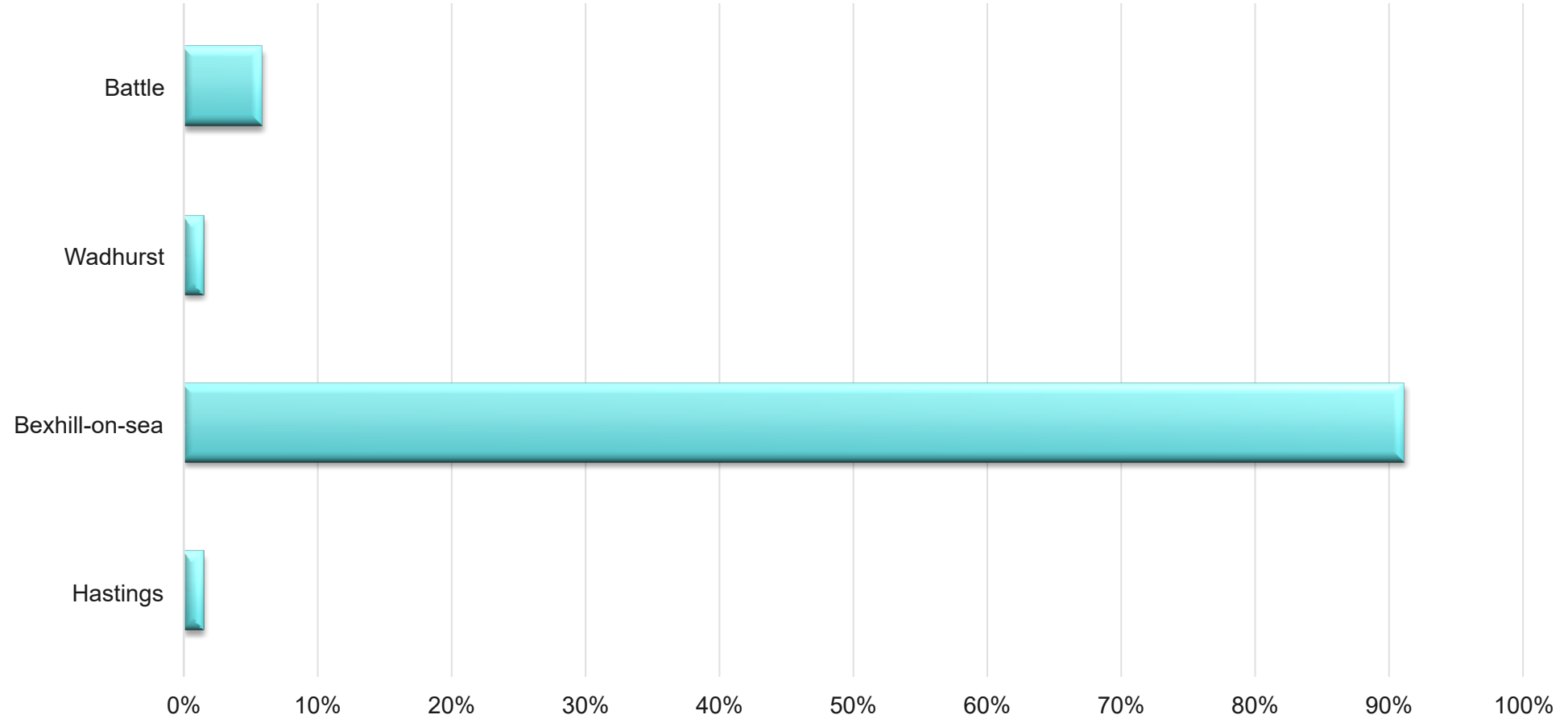
Postcode:



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Community Leisure Survey Analysis

Post town (for catchment area purposes only):



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Community Leisure Survey Analysis

Is there any other information you would like to give in relation to physical activity in Rother? (1)

We need to promote what outdoor facilities we already have and improve and make more accessible, with better signposting, our current footpaths. Walking sports and led health walks have made a huge positive affect on more mature residents. Let's do the smae for our young parents too!

I would like to swim but there are no decent local swimming pools

Used to do TaiChi classes but Covid and medical vulnerability put me off.

Please don't price out individual fitness groups who bring a lot to the area including into the local economy I.e car parking, coffee shops & other shopping

It would be nice to have some facilities in the Sidley area

More ... physical activity yoga outside martial arts more community for lonely isolated scaredy cats ... bigger swimming pool?

Lets have a David Lloyd or Sovereign Centre level of facility in Bexhill. It does not make sense that residents travel out of Rother to attend facilities in Eastbourne.

I would like to promote the amazing achievements of RunningSpace at the Pelham and the new BMX facility at Sidley also The Pelham and the Table Tennis and The Community Centre in Station Road Bexhill on Sea

We need a decent indoor or outdoor swimming pool

There is no freedom leisure run sports/activities for children at Bexhill leisure centre. Hastings offers so much more

Rother District Council

Community Leisure Survey Analysis

Is there any other information you would like to give in relation to physical activity in Rother? (2)

A-a gym needs more support from the council, and more GP referrals. The cu4cuit is 3xcellent for older women, plus there are a wide variety of classes for all

Praise for staff at Ravenside Leisure Pool - always hardworking/cleaning/very encouraging and kind/friendly. I struggle a great deal with health conditions and they make a big difference to me.

There should be one main leisure centre with gym and pool

There is 2 main gym in bexhill Town none in Sidley or little common the cost is high and expensive for both

We need a pool at the Bexhill Leisure centre site on the downs, the current one at Ravenside is a fun pool. No good for proper swimming and bad location, out of the way, useless if you don't drive as bus fares so expensive.

More outside activity is good- ie qi qong class is great outside DLWP

What a waste of money and effort this survey is. RDC has to many surveys and not enough action. The water fountains in front of DLWP should be replaced for children's well-being and increase in visitors. This is obvious no survey required.

Parking charges at Egerton are outrageous and put people off joining club

Think how beneficial lawn bowls is for the elderly. Can still participate at 90+

really enjoying the new BMX Park. excellent

Rother District Council

Community Leisure Survey Analysis

Is there any other information you would like to give in relation to physical activity in Rother? (3)

Please please please build a bigger swimming pool facility for this area. We are sadly lacking anything other than private pools and they are just so expensive.

Although I have become involved in physical activity (bowls) only in the last year this is not actually due to covid. I was a full time carer for my mother until 18 months ago and so was unable to leave home for long enough to take part in these activities. I would like to take part in more , mainly for the social aspect, but it is very difficult to do this when I don't have anyone else to go with. It's not easy to find out what is available to join especially what is taking place in the various church halls / community centres,

Need for joined up thinking i.e.parking charges around parks and bowling greens!!; better promotion and encouragement of sports participation i.e. lawn bowls and pickleball; outdoor social activity areas like petanque; outdoor covered areas for socialising to promote mental health like giant chess/draughts etc; maintenance and improvement of current facilities like Polegrove bowls pavilions and Freedom Leisure; better liaison between activity groups/organic connections

I have just given up my gym membership and one of the reasons why is because it is very dirty inside and not cleaned properly. I have complained several times but no one seems to care. The health centre and shower and toilet facilities are always dirty, not working properly and horrible to use. The music in the gym is normally appalling and way too loud and does not cater for a lot of the older people that are there. Most people use headphones anyway. The actual gym itself always smells of body odour lot of the time and the staff are almost always on their phones or talking to each other. I got very fed up of it

Join a walking activity group fun fit good company great for men and women especially Walking Netball and Football

more money needs to be spent on the homeless not on leisure facilities

Build the new promised leisure centre so we can access more suitable activities.