

Strides for Life Summary Evaluation		
Organisations that completed training	Organisations that ran and completed programme	Organisations that didn't run programme
10	7	3

Geographical Spread of those who ran the programme

- Drogheda
- Waterford
- Sligo
- Carlow
- Tuam
- Portlaoise
- Ballinasloe (didn't complete questionnaire)

How did the participants rate the training received to run this programme?

Answer Options	Response Percent
Poor	0.0%
Fair	0.0%
OK	0.0%
Good	50.0%
Excellent	50.0%

Comments.

- second day training was to learn how to use apps program to return results after every 5 weeks but was not up and running that day! Very disappointing.
- Very informative, easy to understand training, we had no problems implementing the programme.
- Program was only made for people starting on a Sat. The centre only opens Mon -Fri
- Training was good. Was a pity there was no online system for recording data.
- I am glad no computer input of data was necessary on the programme for participants.

Were the materials provided user friendly?

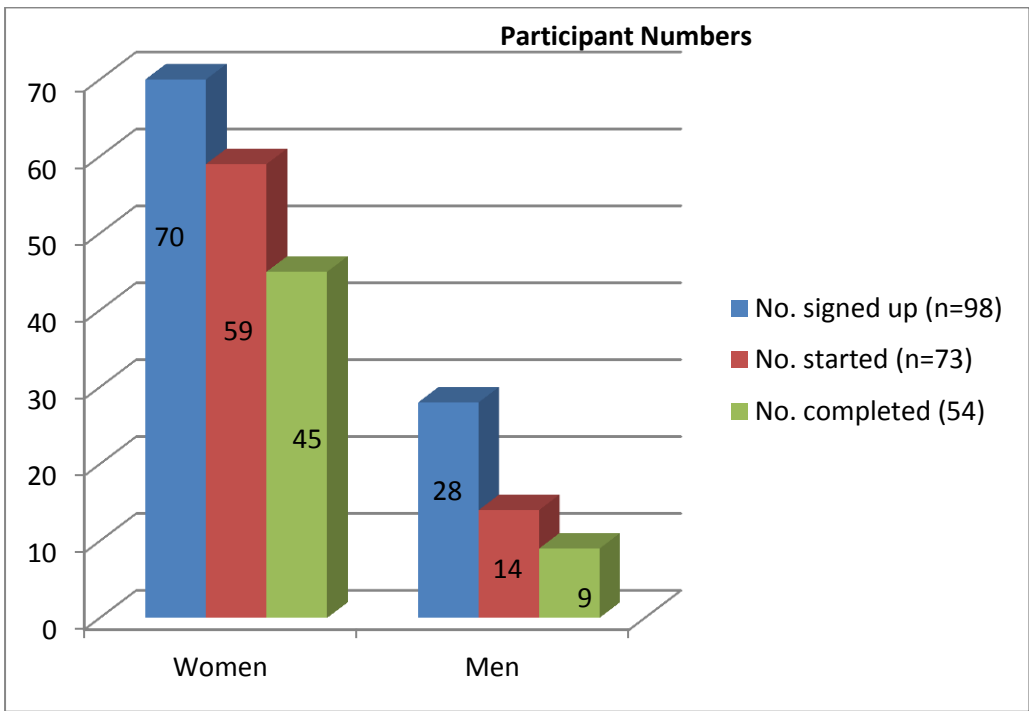
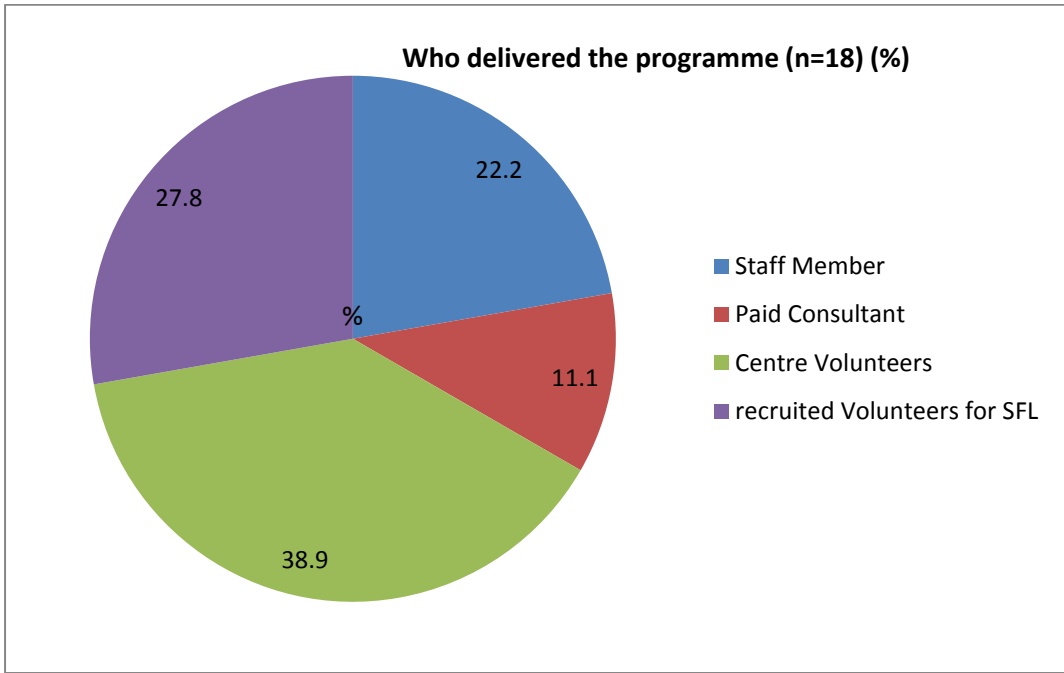
Answer Options	Response Percent	Response Count
Yes	87.5%	7
No	12.5%	1

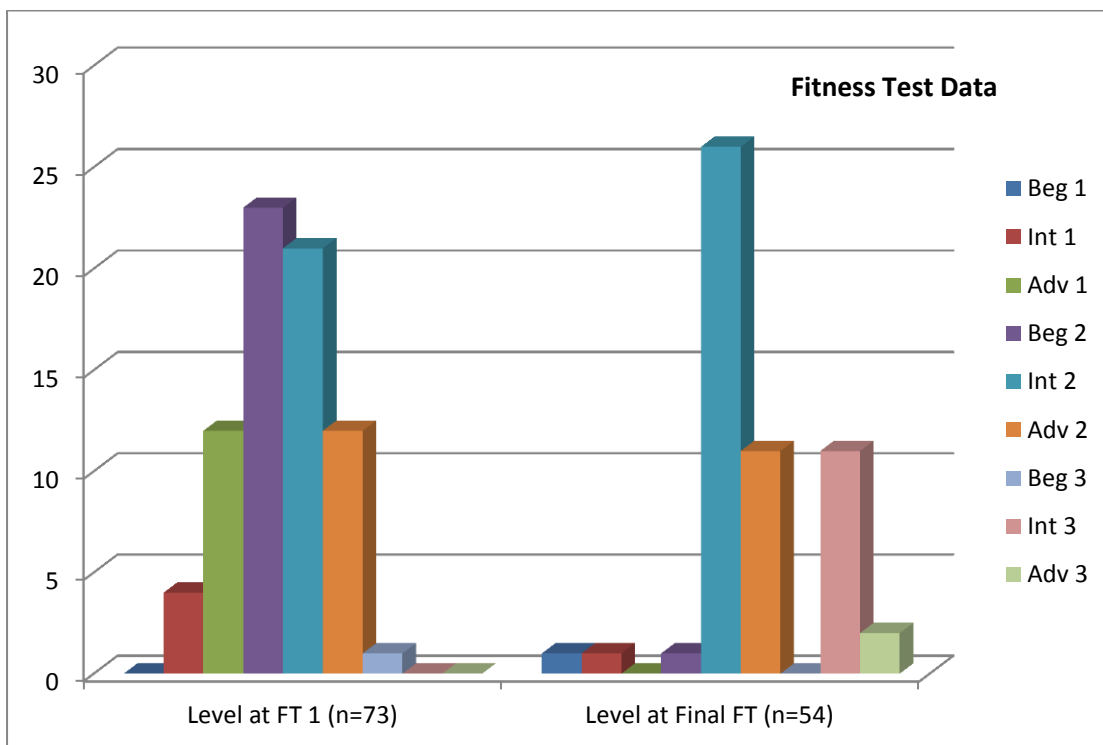
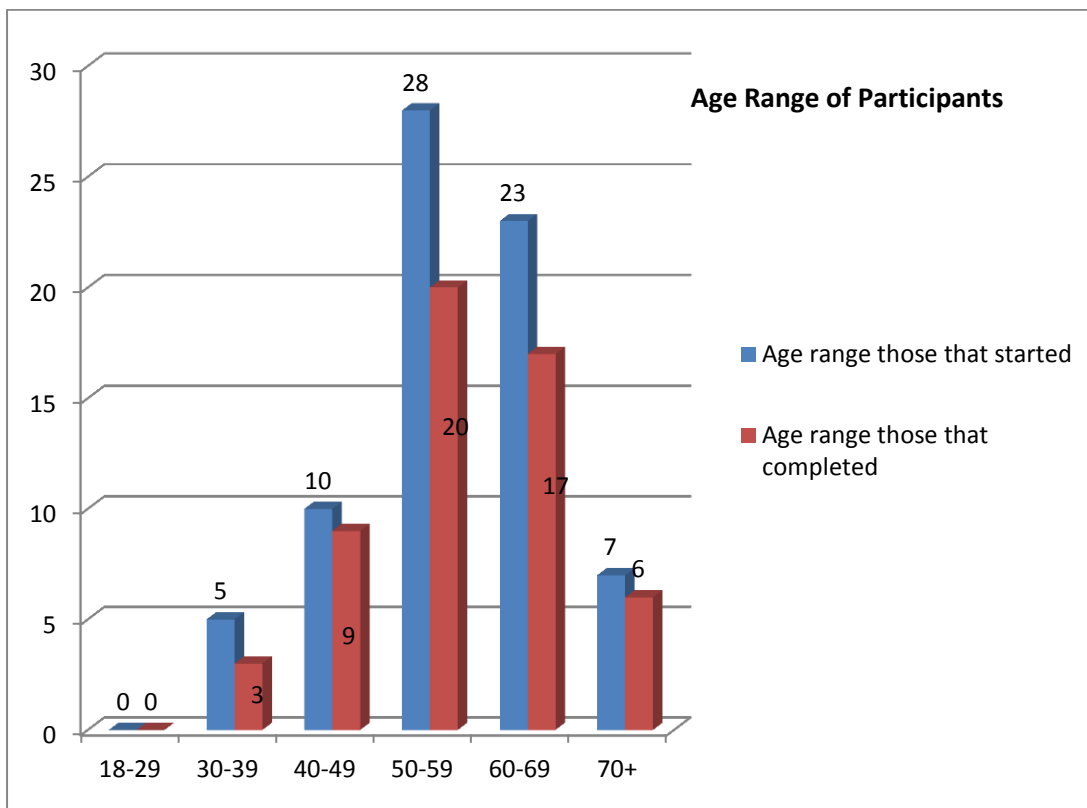
Comments

- Don't know what materials we got. Got return sheets to be returned every 5 weeks. Then told not to send results until 15 week course finished.
- We understand that the app had a glitch if that has been sorted it would be very helpful.
- Leave days open to Mark in our own
- More IT access
- They were OK. I believe some participants found data sheets difficult to complete. Some confusion around data for beg/int and adv all on one sheet.
- More room on form where participants write in their activity

How did you advertise the programme? (Tick all that apply)

Answer Options	Response Percent
Word of mouth among our current service users	87.5%
Posters in the centre	62.5%
Posters in the community & hospitals	25.0%
Daffodil Centres	12.5%
Media - radio/newspapers	37.5%
Online - website and social media (Facebook, Twitter)	50.0%
Other, please comment	50.0%





From your experience of the participants who took part in the programme, do you feel they were?

Answer Options	Response Percent
Very satisfied with the programme	71.4%
Satisfied with the programme	14.3%
Unsure	14.3%
Unsatisfied with the programme	0.0%
Very unsatisfied with the programme	0.0%

Comments

- A lot of positive reaction, fitness increased but really enjoyed the social element and being outdoors for all sessions bar one
- All participants gave very good feedback they really enjoyed the experience and have continued to walk together weekly.
- Most clients felt towards the end of programme the walking distance was too much as these clients had just recovered from their cancer.
- Hope to run it again if I can get numbers
- Received feedback such as 'this has given me new energy'
"I look forward to Tuesday mornings"
"I feel alive again"

Have the participants continued walking or other activities since the programme finished?

Answer Options	Response Percent	Response Count
Yes	71.4%	5
No	14.3%	1
Unsure	14.3%	1

Impact of Programme on Participants

- The fact that some of the group continue to meet weekly which helps their fitness level but also has psychosocial benefits
- One participant along with her cancer diagnosis also has diabetes and has embraced the programme to help with her blood sugars and weight loss, both of which have improved greatly
- One of the participants has asthma and found the programme to have improved that condition
- Others found friends and got support from each other. Overall it was a very positive experience, for us, as facilitators it was very rewarding and humbling experience.
- A client who could hardly walk due to peripheral neuropathy improved from 1adv to 2 adv in this program
- One lady hadn't walked since well before her diagnosis and was falling behind on her own fitness level. She said it gave her great motivation to throw on her walking shoes and even go for 15 or 20 minutes a day or every two days. She soon realised a little exercise was better than none at all. She can now feel her fitness level improving.
- Prostate cancer survivor, originally English, caring for his ill wife full time. He has received a new lease of life from the programme. Fitness levels have improved, he has met new friends, and he has an outlet and does not feel so alone.

Do you intend to run Strides For Life again?

