

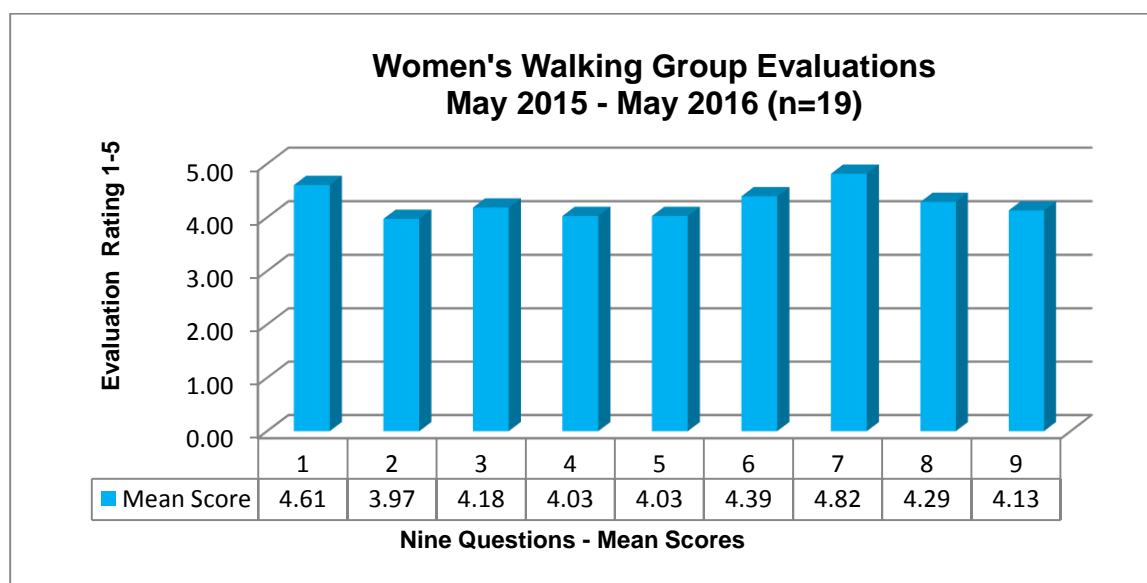
WOMEN'S WALKING GROUP EVALUATION



Central West Women's Health Centre commenced a weekly walking group in March 2008 after requests from community members to form a women's social walking group. Many of the women who joined in the beginning are still part of the group today and list the formation of new and lasting friendships as the major reason for continuing.

The group meets at the Centre every Monday morning and Wednesday lunchtime to do an hour of walking around the nearby river accompanied by our Health Promotion Worker or another staff member. Women of all ages and fitness levels are welcome. The average number of women attending each walk is seven to eight participants. The weather often determines the numbers of women wishing to walk (ie. in the winter it is often too cold or in the summer it is too hot).

The advantages of a walking group include increased self-esteem, energy and confidence; improved sleep; improved cardiovascular fitness; assistance with weight loss and muscle tone; decreased risk of osteoporosis, high blood pressure and diabetes; lower cholesterol levels; a great way to get out and meet people, plus it's free.



Quest #	Question
1	Appropriateness of group program content
2	Degree of comfort discussing feelings & experiences
3	Level of coping with situation/issue
4	Ability to make positive changes in life
5	Degree to which life has improved
6	Overall satisfaction with group experience
7	Likelihood to recommend group to others
8	Degree of connection with others in community
9	Ability to access support in future

The evaluation of the walking group is very positive with scores ranging from 3.97 up to 4.82 (out of 5). Degree of comfort discussion feelings & experiences was the lowest rating (3.97). Likelihood to recommend group to others rated the highest (4.82).

WOMEN'S WALKING GROUP EVALUATIONS

(May 2015 - Jun 2016 N=19)

How have you benefited from your group experience?

Category	Examples
Physical activity	<ul style="list-style-type: none"> Encouraged activity. Exercise. Very positive start to the week to get exercise & fresh air amongst friendly ladies.
Good mental health, social wellbeing, peer support	<ul style="list-style-type: none"> Connection socially & able to talk about issues. It's more fun to walk in a group. Meet a lot of new people. Made new friends. Have made some great friends. Enjoyed the company.

What were the most important things you learnt from your group participation?

Category	Examples
Physical activity	<ul style="list-style-type: none"> Encouragement for activity.
Good mental health, social wellbeing, peer support	<ul style="list-style-type: none"> Social connection. Meet lovely new people with interest in walking. The benefit of knowing the ladies' troubles. Being with different people & sharing. Making good friends. Company. Less isolation. Different problems that people have.

What was the most difficult part of the group for you?

Category	Examples
Nothing	<ul style="list-style-type: none"> None. Nothing really.
Weather challenges	<ul style="list-style-type: none"> To turn up Monday mornings in winter. Winter.
Fear	<ul style="list-style-type: none"> Getting to know new people. Meeting new people.

Was there something else that would have been beneficial for you?

Category	Examples
Nothing	<ul style="list-style-type: none"> No. Not really. Cannot think of anything at the moment.

Additional comments

- Keep up the good work!