

Fishie Sports Hub

Results of Community Fitness Room Survey

BACKGROUND

With the new pitch now under way, our attention has turned to uses for the Sports Hub Building and finding out from the local community if there was a need and support for a Community Fitness Room as part of the Hub building.

METHODOLOGY

A nine question survey was devised and posted on Fetterangus Association Facebook page and Fetterangus Community Association web page. Respondents had the option of downloading a copy or responding directly with Survey Monkey.

For those with no access to IT, there were paper copies available at the hall and a drop off to houses in the village was undertaken. Posters advertising the Survey were displayed on the Noticeboards in the Square and outside and inside the village hall. In addition it was promoted on Facebook, Twitter and the FCA website (www.fishie.org.uk)

The survey ran from 9th November until 25th November, although hard copies were input after those dates (between 28th to 30th November).

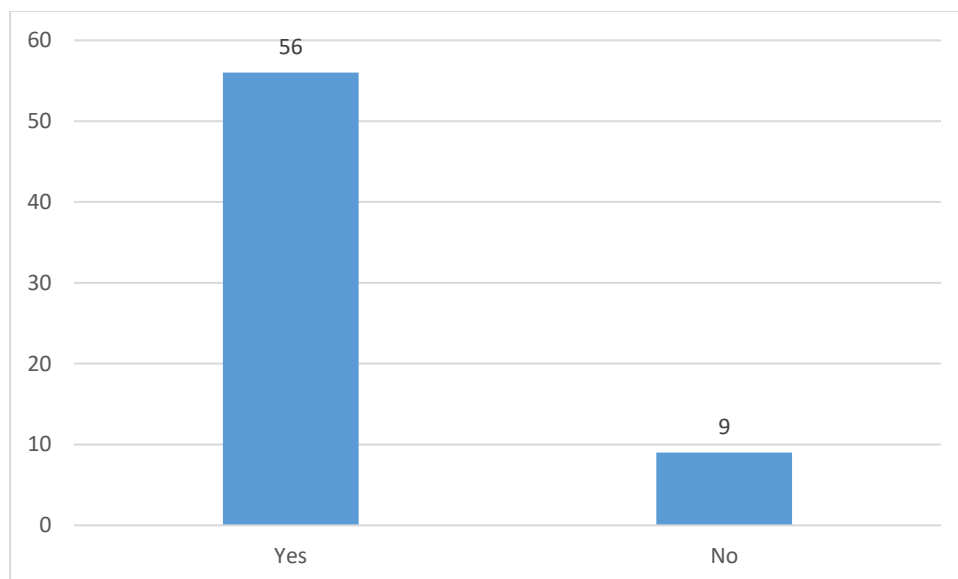
A total of 65 people responded:

| | |
|-------------------|----|
| Facebook/ Website | 41 |
| Paper Survey | 24 |

A copy of the survey is attached in Appendix 1

FINDINGS

Q1. Do you take part in any form of exercise or sport?



65 responses were given; 0 skipped the question.

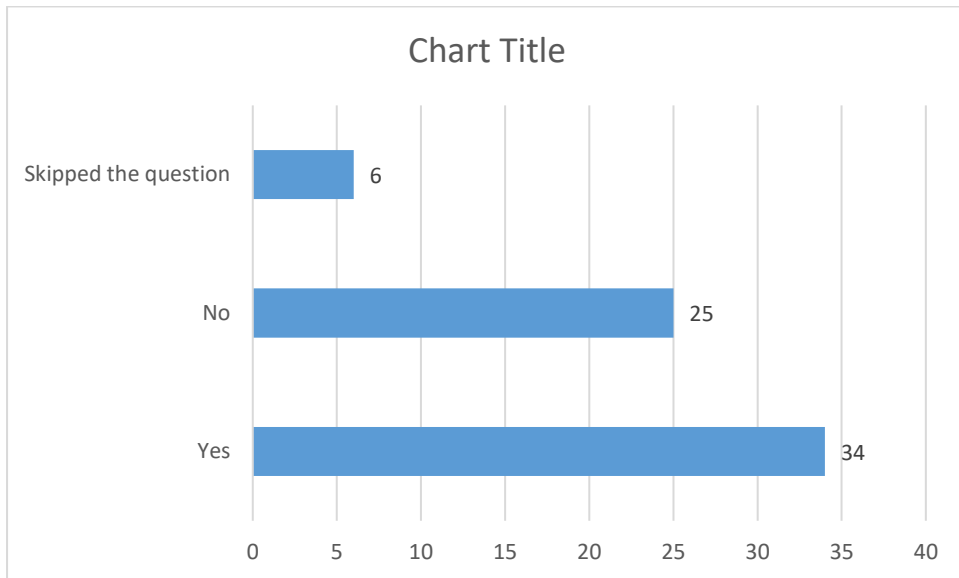
Q2. If no, what are the barriers that prevent you? (Free response section)

The comments were:

- Time, nowhere local, excessive gym membership fees
- Time
- Lack of Time, Laziness
- Travelling into Mintlaw not always convenient
- Accessibility
- I've just had a baby.
- Busy at work and no time to travel to gym even though it's in Mintlaw just not time
- All costs money to be a member of a club.
- Pregnancy
- Limited facilities locally (Macbi not inviting/welcoming)
- Injury at the moment and travelling to and from for fitness classes.
- Motivation! & People to participate with me

12 responses were given; 53 skipped the question.

Q3. Are you a member of any gym or sports club? (Please give details)



Several respondents were members of more than one club. The main findings were:

- Powerzone, Peterhead 1
- Olympia Training, Peterhead 1
- Fraserburgh Running Club/Jog Scotand 1
- Old Mart Maud 2
- Peterhead Community Centre 2
- Fraserburgh Swimming Pool/Community Centre 1
- Local Football/Rugby Teams 4
- MACBI, Mintlaw 24

59 responses were given; 6 skipped the question.

ADDITIONAL COMMENTS

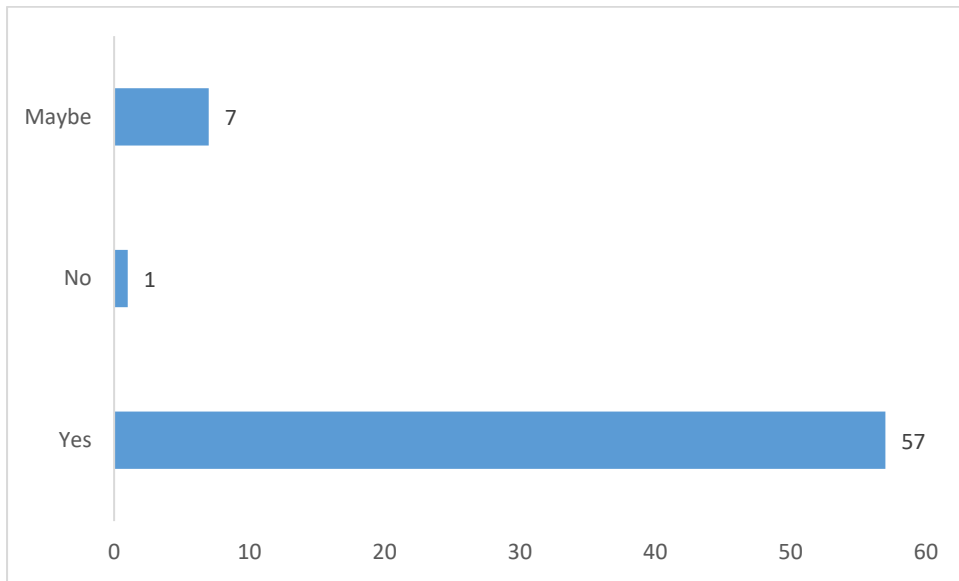
“Not at moment due to work commitments etc. Although I do a lot of exercise outside. This becomes difficult during winter months so I for one would use local facilities in Fishie. I use pay as you go facilities at various venues throughout the year.”

“Previously Macbi, but did not rejoin as do not find it a pleasant place to visit”

“Aberdeenshire community pool and gym. Let's you use Peterhead, Fraserburgh, Turriff, etc. Discounts for families on low income.”

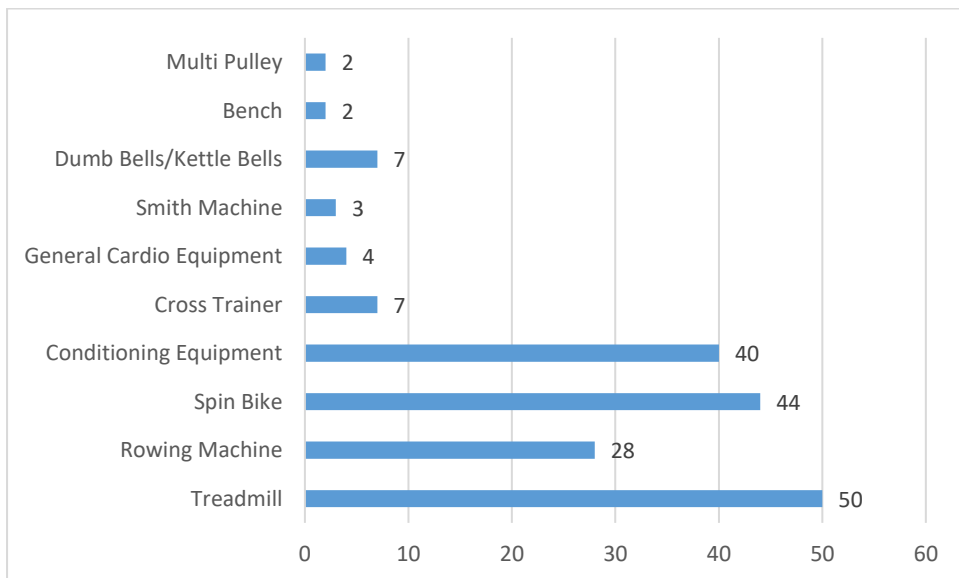
“MACBI but currently cant drive and struggling for transport”

Q4. If there was to be a Community Fitness Room included in the new Sports Hub development, would you use it?



65 responses were given; 0 skipped the question.

Q5. What type of equipment would you like to see included? (eg Treadmill, rowing machine, spin bike, conditioning equipment i.e. dumbbells, weights or please give examples of any other equipment)



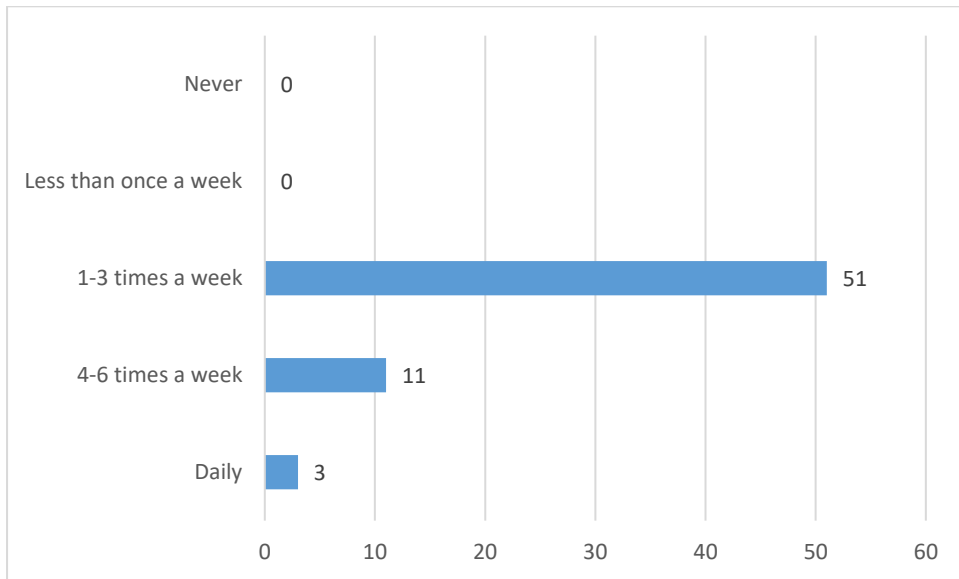
Other suggestions given:

Punch Bag, Elliptical Strider, Cable Cross-over, Step Machine, Mats, Medicine Ball, Leg Press, Trampoline, Air Hockey Table; These suggestions were only recorded once.

Most respondents gave multiple suggestions to the question.

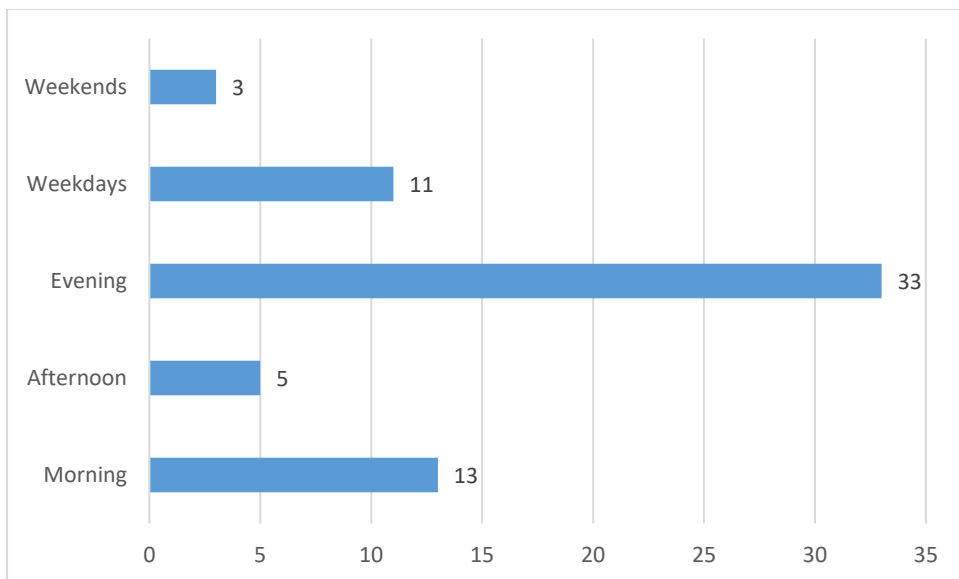
58 responses were given; 7 skipped the question.

Q6. How many times a week would you be likely to use a Community Fitness Room?



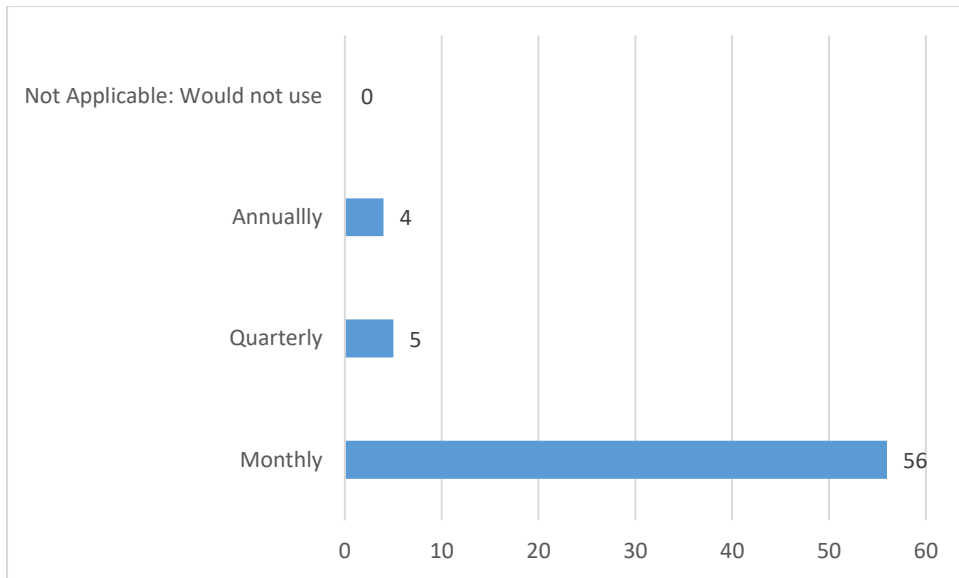
65 responses were given; 0 skipped the question.

Q7. What times of the day would you be most like to make use of a Community Fitness Room:



65 responses were given; 0 skipped the question.

Q8. To offset running costs, a membership fee would be incurred. Would you prefer to subscribe:



65 responses were given; 0 skipped the question.

CONCLUSION

The demographic of Fetterangus has recently changed, with an influx of younger residents in the new builds. From the information we have gathered from the survey, it would appear that although there is Fitness and exercise provision in Mintlaw, the local community would support a local facility where use could be less formal.

There was an optional section at the end of the survey, asking "If you would like to be kept informed of Fishie Sports Hub - Community Fitness Room progress, to give their details. Thirty nine people did so.

It is now our intention to involve these people in helping us shape a Community Fitness Room, in partnership with the FCA, Community Hub Working Party and Buchan Girls FC .