

## Appendix B: Online Questionnaire Results

### 1. Your postcode?

[More Details](#)

 Insights

115  
Responses

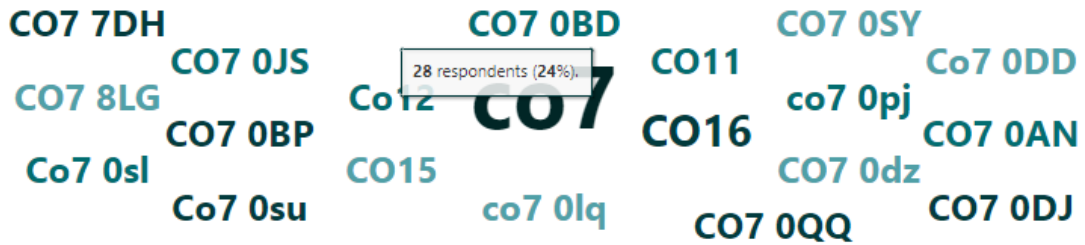
Latest Responses

"Co125by"

"Co16 9qb"





"Co153pa"

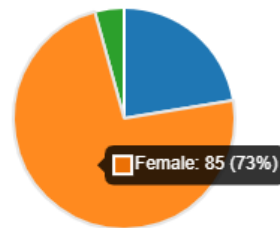
28 respondents (24%) answered **co7** for this question.



### 2. Your gender






[More Details](#)

	Male	26
	Female	85
	Prefer not to say	5
	Other	0



### 3. Your age

[More Details](#)

	Up to 18	1
	18 - 34	16
	35 - 54	45
	55 - 74	48
	75+	3



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4. How often do you participate in sport or physical activity?

[More Details](#)

- Less than an average of 30 minu... 9
- An average of 30-149 minutes a... 45
- An average of 150+ minutes a ... 61

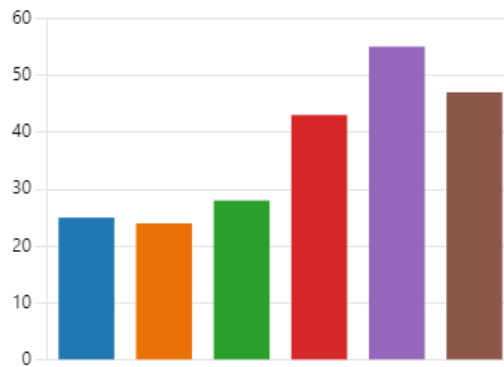


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5. Which of the following do you use? Tick those that apply.

[More Details](#)

- Council managed leisure centres 25
- Privately managed leisure centr... 24
- Voluntary sports clubs 28
- Recreation grounds or public op... 43
- Cycle paths or public footpaths 55
- Other 47



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6. Do you consider that you have barriers to increasing your activity levels?

[More Details](#)

- Yes - most of the time 62
- Yes - some of the time 34
- Not really - I'm happy with what... 20



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7. What are your barriers to increasing your activity levels?

[More Details](#)

- Access to transport 4
- Price/cost 20
- Access to facilities close to wher... 68
- Other 33



8. Use this box to provide any further detail to barriers for increasing activity levels.

[More Details](#)

[Insights](#)

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Responses

Latest Responses

"There is a serious lack of bridleways in the Tendring area, less than 20 miles ...

"Better off road cycle roads that are linked so that cycling on roads can be av...

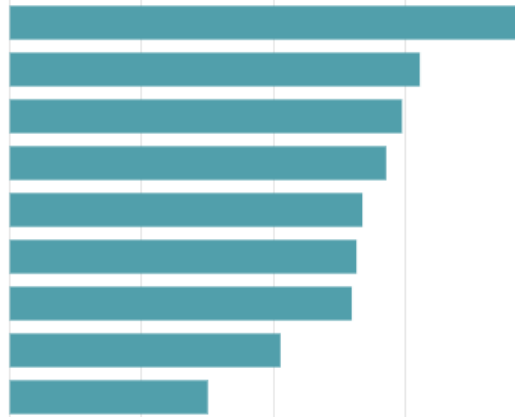
28 respondents (32%) answered **road** for this question.



9. The strategy aims to support more people to become more active more often. The action plan to deliver the strategy has a number of headline proposals. Rank your priorities in order.

[More Details](#)

- 1 Facilitate more sports events in t...
- 2 Facilitate outreach projects withi...
- 3 Targeted sessions for reception ...
- 4 Develop long term sustainability...
- 5 Encourage group activity throug...
- 6 Review sports centre membersh...
- 7 Improve cycling opportunities t...
- 8 Target inactive groups through ...
- 9 Develop virtual classes through ...



10. Any other comments

[More Details](#)

[Insights](#)

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Responses

Latest Responses

"Include equestrianism in these proposals, and where cycling and walking ro...

"Clacton leisure centre is already too busy, can't get into classes. Need more i...

19 respondents (30%) answered **need** for this question.

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