

# Well Wāhine Week

TRY IT, LOVE IT, BE IT



## PARTICIPANT FEEDBACK SURVEY INSIGHTS

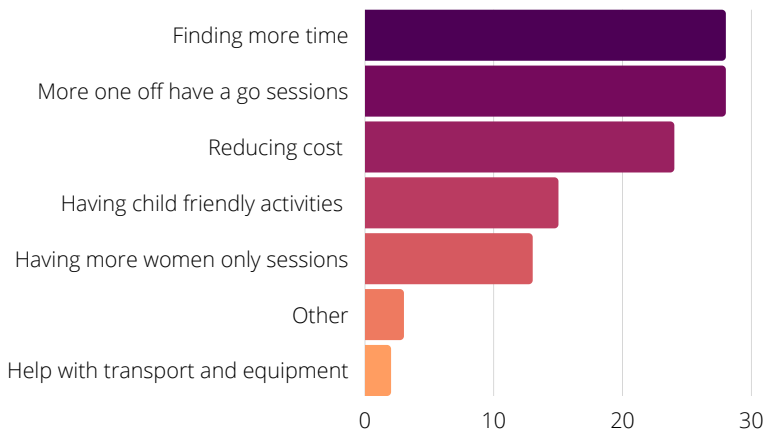
### What motivated wāhine to attend events during the week?



*"Great opportunity to try a variety of new things. And in an all women environment- safe and empowering."*

*"The chance to try activities for free, and to learn about health and nutrition specifically for women."*

### What would help wāhine continue with an activity they loved?



*"Thank you for the opportunity to try new things. Things I have always wanted to give a go but felt a bit shy."*



PB Bowling Club: Have-A-Go Bowls



Surely Skate: Skate Workshop

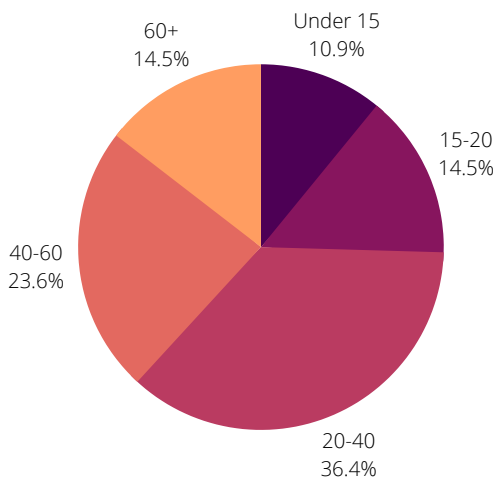
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## PROVIDER FEEDBACK SURVEY INSIGHTS

### What were the ages of wāhine/kōhine who participated?



*"Was great to see a mix of ages & abilities - exactly what MTB'ing is all about!"*



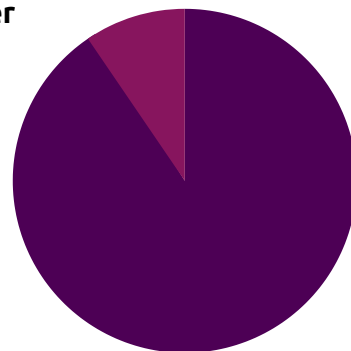
Trail Vixens : Mountain Bike Ride



Gisborne Netball Centre: Meet & Move with MAGIC

### Did providers have learnings they could apply to better engage wāhine/kōhine?

no  
9.5%

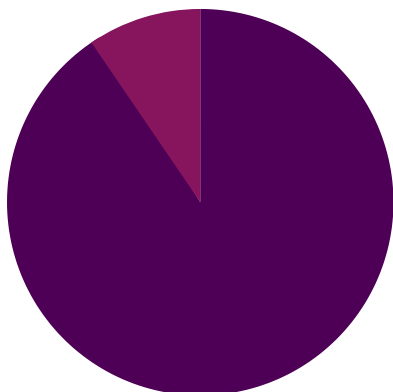


*"We are thinking of using this as a regular event as it is a more social activity with less rules or experience required."*

### Did providers need support to make these changes happen?

no  
9.5%

*"[We'd] hold one again but support of Sport Gisborne made it successful."*



yes  
90.5%



Holistic Approach Workshop: Wharekahika