

# Kensington Primary Feedback Report

parentgym  
FOR PARENTS WHO CARE

the  
mindgym

# The statistics



6 sessions ran between January and March in 2018

40 participants gave feedback

100% felt actively involved in the workouts

100% felt the content was relevant to them

100% will use what they have learnt

100% would recommend the workout to others

98% would rate this workout as very good or excellent

# Feedback by course

Course	Q1%	Q2%	Q3%	Q4%	Q5%	Runs	People
Parent Gym, 6 week programme: 1. Chat	100	100	100	100	86	1	7
Parent Gym, 6 week programme: 2. Love	100	100	100	100	100	1	7
Parent Gym, 6 week programme: 3. Behave	100	100	100	100	100	1	8
Parent Gym, 6 week programme: 4. Care	100	100	100	100	100	1	5
Parent Gym, 6 week programme: 5. Discover	100	100	100	100	100	1	7
Parent Gym, 6 week programme: 6. Together	100	100	100	100	100	1	6

Q1 - I felt actively involved in the workout, Q2 - I felt the content was relevant to me, Q3 - I will use what I have learnt, Q4 - I would recommend the workout to others, Q5 - I would rate the workout as very good or excellent

# What the participants thought



## 6 week programme: 1. Chat

### Comments

"It was very usefull because I got lots of tips"

## 6 week programme: 2. Love

### Comments

"It's very good idea to parents"

## 6 week programme: 3. Behave

### Comments

"I am having a wonderful time"

# What the participants thought



## Comments

"Wish dads are attending class as well"

## 6 week programme: 5. Discover

### Comments

"Just thanks to Mrs Amin for her support and understanding."

## 6 week programme: 6. Together

### Comments

"Please continue these sessions more to improve parents feelings in positive way"



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