

ROW THE ERNE | UK & IRELAND

PARTICIPANTS



Adults and young people.
Mostly women.



DURATION

Weekly rowing

ACTIVITIES

Rowing



NUMBER OF SURVEYS

- » 80 Surveys were sent
- » 28 Surveys were received

35%

✓ PHYSICAL HEALTH

Top physical health benefits

- » 31% of participants had changed habits to meet recommended levels of physical activity
- » 78% of the respondents indicated that their health in general has changed to somewhat better or much better as a result of rowing

✓ MENTAL HEALTH AND WELL-BEING

Top mental wellbeing benefits

- » 82% of respondents felt that their overall well-being has changed somewhat better or much better
- » Using the World Health Organisation well-being survey rowing appears to create a 12.3% point increase in well-being
- » 100% felt that they found it quite a bit or extremely therapeutic being out on the water

✓ ENVIRONMENT

Top Environmental benefits

- » 75% also indicated that they felt more connected to Lough Erne where they row
- » 89% indicated that they felt more engaged to wildlife now?
- » 82% feel much more aware of environmental issues

✓ EDUCATION AND LIFE-LONG LEARNING

Reported Top Educational benefits

- » 75% indicated that they have much better understanding of weather and its impacts
- » 68% stated that it is important to row to places that have a strong sense of cultural history

COMMUNITY

- 56% have indicated that they have close personal friends that they can share concerns with
- 68% have indicated that they feel a strong sense of loyalty to the club
- 75% feel a strong sense of community

TOP QUOTES

- "Being on the water in 2014 helped me out of depression."
- "I feel a real sense of having a place in the community, a real purpose, a sense of belonging."
- "Learning new skills. Increased fitness and mental well-being through access to the water. Team building & tolerance."

32% felt that their confidence and safety in water environments had improved quite a lot or extremely through rowing?

100% indicated that they enjoyed going to new places to row?

93% indicated that it is important that the boat provides them with the opportunity to access the water

AVERAGE VALUE GENERATED **€12,428**



MAIN BENEFIT IDENTIFIED

100% of members felt that it was very therapeutic being out on the water

