



**1) In relation to The Project, is there anything that has helped you?
Yes/No. In what way?**

- Yes. Group games have helped me talking to people
- Yes. It's helped me to feel comfortable about socialising a bit more
- Yes. Being able to talk to people when I need to.
- Yes. It has made me a lot more calm and more sociable doing the arty things.
- Yes. It gives me something to look forward to and I like just generally talking to other people. The art activities are also fun.
- Yes. It has helped me with my confidence.
- Yes. Hearing other people's stories, points of view and coping strategies has been helpful. I like being able to talk to people who have had similar problems.
- Yes. Making friends and similar people, group activities, lots of tea, ability to feel part of something.
- Yes. The support given by volunteers has been very good.
- Yes. Having a place where you know you aren't going to be judged and that everyone around you chooses to be there, doesn't have to be.
- Yes. Socialising with people who are similar to me has helped me to think about my own mental health.
- Yes. Feeling more positive about things.
- Yes. Coming to The Project has helped me by allowing me the opportunity to meet a lot of new people who have common interests and has encouraged me to try new things which I have never tried. I have found it useful that the staff are really friendly, easy to talk to and have given me good advice and methods to cope with different things.
- Not sure.
- Yes. It's helped me get to know more people and make some friends which is a big help because I never used to know many people.
- Yes. It has helped me gain confidence and meet new people as well as giving me a place to 'escape' to.
- Yes. With my confidence in knowing there's more people like me.
- Yes. I think meeting new people has been really important for me. Making new friends and being confident with new people is something that I think has improved in me and is important. I think the fact we can be just in-the-moment here is great too.
- Yes. Good to talk to people with the same kind of problems.
- Yes. Being able to talk to people about how I'm feeling and what's happened and getting different viewpoints. Cups of tea!!
- Yes. Meeting people who are also in similar situations to me. Feel like you're not alone.
- Yes. It's nice to know I have a place I can come where people will understand and be there to help. I've enjoyed talking to everyone and making new friends.
- Yes. I have found the music sessions and discussions about mental health useful and good for my confidence, and has helped with anxiety around other people.
- Yes. Singing when I'm stressed or upset or nervous helps a lot.
- Yes, meeting new people has gifted me with new friends that I shall endeavour to keep! I look forward to the chats and food and the art activities are always wonderful fun!

**2) In relation to The Project, is there anything that has not been helpful?
Yes/No. In what way?**

- Yes. Art activities don't help because it's too much to handle, don't like doing stuff like that.
- No.
- No.
- No.
- Yes. I don't mind these things (they can be fun) but I just haven't found that they have an effect: music/singing, group games, meditation.
- Nothing.
- No
- Yes. Music, healthy food – no good, pizza please 😊
- No.
- No. It's all amazing
- No. Everything has been helpful.
- No.
- No.
- Big no.
- No.
- No.
- No. All brilliant.
- No. I don't think there's anything I've particularly disliked. There's a real variety but there's always choice to do something else if you can't deal with one thing/exercise.
- No. Cannot think of anything.
- Making it obvious when the group has split. Having the 5 mins to decide and move is better than going straight into an activity. Seeing a rope and learning a slip knot provokes thoughts, ideas and negative memories.
- I have found it difficult to make friends and be a part of the group. I find it difficult to talk to people and I need to when I am going through a tough time.
- Yes. Only very occasionally I hear some triggering comments about food or exercise being made. Sometimes maybe people aren't aware.
- No.
- No.
- Yes. Not any of your faults but I do hear words mentioned in conversation and such that are my "trigger" words, which can make me cagey and scared even. But this is no-one's fault but my own!



3) Has The Project had any effect (positive or negative) on your wellbeing? (eg. confidence, self esteem, relationships/friendships, coping with life events, trust, talking about thoughts and feelings). Yes/No. Please explain further.

- Yes. It has helped me to talk to people, have more confidence in myself, meet new people and feel good.
- Yes. I am getting a lot calmer at home and with friends.
- Yes. It's helped my confidence and also some relationships inside/outside of school.
- Yes. It has increased my self esteem and social skills, and I know better ways to react to certain situations with people.
- Yes. Confidence in talking to people more.
- I can go up to my friends and tell them if there is something wrong.
- The Project has helped with my confidence and improved my social anxiety. It has made it easier to talk about my problems.
- Yes. Feeling more positive about mental health, meeting people who understand, gets me out the house. Confidence and friendships.
- Yes. More self confidence – can now speak out in class. More trustful.
- Yes. When something comes up that is hard to cope with it's nice to know that there is a space to go where there's no pressure to talk but you can if you want.
- Yes. It has given me more confidence.
- Talking openly to people.
- The Project has had a positive effect on my self esteem, as it has inspired me to try and practice my music alongside others in a band.
- Talking to other members of The Project has helped my low mood better, just on the basis of the fact that it has a reflection onto my life.
- I met a lot of people who make me smile. Also boosted my confidence a lot. I feel way more confident to do anything.
- Yes. I have gained confidence and have developed my coping skills.
- Knowing there's loads of people with the same problems as me which mean I am more confident with talking to people.
- Yes. I think it's had a positive effect both in the things I can take away (ie. thoughts, meditation, coping strategies) and in the sessions – it's really enjoyable and everyone's friendly so the solace is something clearing.
- Yes. Made me more confident.
- Yes. Positive effect as met with new people and developing communication skills.
- Because I haven't been coming for long, I think it will help, however I haven't had a change so far.
- Yes. Improved my confidence, made me feel less judged and alone. Has helped me to relax and see things rationally.
- Yes. It has improved my confidence and made it easier for me to talk to new people.
- Yes. I've made a couple of friends within the group. Still low self esteem but helped a little bit. I'm glad I tried the group.



- The Project has had some very positive effects towards me self esteem and friendships. I get on well with everyone here, so it doesn't feel hostile, so I enjoy coming. I use my gay pride box still 😊

4) Have any of the changes outlined in Q3 had an impact on your life outside The Project's sessions? Yes/No. Please explain further.

- Being able to go and talk to people and make new friends with more confidence.
- I don't have as much of a problem talking to other people and feel more confident in myself.
- Good impact – enjoying small things in life and more positive outlook. Enjoying giving something back by helping with the fundraising.
- More patient, particularly with my step-father. I've stopped self harming.
- Meeting new people at The Project has given me confidence to talk to others outside The Project.
- It has inspired me to practice my drumming more outside of The Project to play different styles of music.
- Not sure just because I feel like my hyper-ness overcomes any point of me opening up to things.
- Yes. My confidence has improved a lot and it's helped me go up to people and ask for things, eg. time/things in a shop
- Yes. I have been able to go out and get a summer job.
- I could go outside The Project and talk to people.