



**1) Has the Project had any effect (positive or negative) on your child's wellbeing? (eg. confidence, self esteem, relationships/friendships, coping with life events, trust, talking about thoughts and feelings). Please explain**

- Sharing with others how you feel and struggle the same, and how you can improve.
- She has become more confident
- Yes very positive. He has developed friendships and increased in confidence.
- I feel that my daughter is feeling more confident since attending The Project. She is doing better at school and is making more friends
- Our daughter reports that she has struggled to cope with the group environment (although we have heard from a Project worker that she has been interacting with others there). However, she has attended infrequently and is likely to discontinue.
- Yes it has helped her understand that what she is feeling other people feel as well . And that other people see her differently in a more positive note so is slowly changing her negative into positive thoughts. It is also somewhere she can talk about things she might not want me to know in case I get upset .
- The Project has definitely helped my daughter at a time when her self-esteem and general well-being are very fragile. This one place where she feels accepted and 'ok' about herself.
- yes beginning to be more confident within herself
- She has a feeling of belonging, being there.
- Yes, just knowing the group is there has been positive. My daughter feels there is some peer support out there. Prior to being referred to the group, she felt very lonely and isolated.
- Positive. Met new people with similar issues that can understand each others feelings.
- The Project has really brought her out of her shell she's more confident and happy than previously and even coming to me when she's worried about something
- I think it is helping her to understand that she is not on her own with how she feels , that its ok and there are people out there that she can relate to , talk too .
- Always comes home calm. Learnt some tools for anxiety.

**2) Have any of the changes outlined above had an impact on your child's life outside The Project's sessions?**

- Contacting friends and even going out to the cinema I believe he knows now that there are other kids with problems and he's not alone. Also that what happened in school with bullying doesn't mean it will happen everywhere.
- Sadly we don't not feel that the Project has worked for our daughter but then she has attended only 3 times at most and our efforts to encourage her to attend more frequently have been in vain.
- She looks forward to going and seems a bit more relaxed when she has finished a session and talks to me more about what they did and what she talked about , almost as if The Project is a sounding board and she knows that from their reaction whether or not she can tell me .

- Knowing that she will be coming to The Project fortnightly has given her the support she has needed to 'stay on track' and to continue with her GCSE studies at College
- As far as I am aware she has not self harmed since joining the project.
- She is now taking on other issues, ie guilt about food
- My daughter doesn't always want to go to the session, less so as time goes on. this is a hugely positive thing as it demonstrates that she is able to cope and is growing in confidence.
- Been a support for her
- yes she will open up a little bit more than she did before .
- Have heard at a music group . He his been much calmer

**3) Do you have any suggestions for how we can make The Project better?**

- I feel this is difficult as it depends on the feelings and needs of the young people who attend at the time. Their voice is valued and respected so this allows personalisation of activities and participation. So not easy to know what else would be good.
- Looking at the children's fears and helping them to overcome them, for example going on a train, scenarios of dealing with different situations.
- Keep going, you're doing a great job!
- My daughter has mentioned that she would like to discuss individual problems, although she is aware that if she needed to talk she could do with some encouragement to do so would be good
- Some sort of one-to-one 'buddying' system might work for some. There used to be an organisation locally that matched volunteer 'befrienders' to work alongside adults who were starting to engage in voluntary work. Something like that might help some youngsters to feel supported in attending. This of course would require a greater number of volunteers and I'm aware that this might not be possible.
- No doing a great job
- Well, it's probably impossible but I know my daughter would like the meetings for her age group (the older age group) to be weekly! i.e. just more of the same would be wonderful!
- no it is great
- No
- Being able to offer 1 to 1 counselling would be helpful. Especially as the children seem to advise each other that CAMHS is a waste of time.
- No she loves coming has a brilliant time
- no
- No

**4) Do you have any other comments, questions, or concerns?**

- Thank you for making my child not feel alone and valuing her voice and opinions :)

### Appendix 3 Parents Survey Results – Summer 2014



- no concerns.
- Our daughter found having to talk about herself, in front of her peers, from the outset, difficult. It is quite probable that many of her peers would concur. It maybe that, if it were possible to get 'round that challenge, she might have been inclined to stick with it. Maybe. But it's tricky isn't it, trying to introduce people with social anxiety to social situations.
- No
- I would like to say a big THANK YOU to Debbie and all the staff for their amazing work - The Project has definitely helped my daughter to cope with the challenges she faces every day!
- no
- When our daughter became unwell, our family felt 'in crisis'. My husband and I wanted to help her but didn't know how or what to do for the best. Our lives changed, we felt we needed to be around her all the time to protect her. It was a terrible time for all of us. Our GP told us about the project and we went along. The sense of calm when I took our daughter along to the introductory session was really comforting. As a Mum, speaking with the volunteers and other Mum's and Dad's helped me to rationalise some of the terrible feelings of guilt and failure I had. My daughter spoke to people about what she was feeling for the first time. On the way home from sessions, she would say small things to me and her Dad which gave us a bit more insight. some things she said gave us little clues that she was beginning to deal with some of the issues which has caused her so much inner pain. She rarely goes now, she has a small circle of friends and a part time job Saturdays. Not every day is a good day but there are more good than bad and our daughter has some coping mechanisms on bad days and tools to help her make some days better. She knows the group is there if she needs it and although she doesn't go, Debbie still keeps us informed of the sessions. Knowing the Project is there is really reassuring and, as a family, we would like to think it was there for other families when they have to face such difficulties. This is a really valuable facility for families. Thank you.
- No if I did I would feel able to bring them to Debbie as they came up
- no
- Thank you