



'Supporting Brighter Futures'

Self Harm & Young People - Evaluation

Date...1st July... Age...49... M/F...F

Feedback Form

Thank you for attending today's session. I endeavour to develop services around the needs of the audience and I would kindly ask you for your thoughts.

1. Do you feel the facilitator was professional and supportive in their approach?
Very
2. Was there a good mix of activities to keep you enthused?
Yes.
3. Did the content of the day meet your expectations, or would you have liked more?
(Please provide details)
Better than expectations
4. How do you feel your insights and understanding around the issue of self harming behaviour has increased?
More aware that it's not a 'bad' thing
~~but~~ it's more about state of mind.
5. Are you more aware of how to support young people who self harm?
Yes.
6. On a scale of 1-10 how would you rate the session?
11
7. Can you suggest any subject ideas for further workshop days?

Any further comments:

Thank-you.



'Supporting Brighter Futures'

Self Harm & Young People - Evaluation

Date.....01/07/21 Age.....85 yrs M/F.....F.....

Feedback Form

Thank you for attending today's session. I endeavour to develop services around the needs of the audience and I would kindly ask you for your thoughts.

1. Do you feel the facilitator was professional and supportive in their approach?

IN EVERY POSSIBLE WAY

2. Was there a good mix of activities to keep you enthused?

YES. EXCELLENT

3. Did the content of the day meet your expectations, or would you have liked more?
(Please provide details)

MORE THAN MET MY EXPECTATIONS

4. How do you feel your insights and understanding around the issue of self harming behaviour has increased?

100%.

5. Are you more aware of how to support young people who self harm ?

YES

6. On a scale of 1-10 how would you rate the session?

10

7. Can you suggest any subject ideas for further workshop days?

No.

Any further comments:



'Supporting Brighter Futures'

Self Harm & Young People - Evaluation

Date...01/07/21... Age...21... M/F...F...

Feedback Form

Thank you for attending today's session. I endeavour to develop services around the needs of the audience and I would kindly ask you for your thoughts.

1. Do you feel the facilitator was professional and supportive in their approach?

Penny was extremely professional + supportive

2. Was there a good mix of activities to keep you enthused?

Definitely - enjoyed the balance of listening + activities

3. Did the content of the day meet your expectations, or would you have liked more?
(Please provide details)

It met my expectations

4. How do you feel your insights and understanding around the issue of self harming behaviour has increased?

Knowing that just listening is enough, don't always have the answers

5. Are you more aware of how to support young people who self harm?

Yes

6. On a scale of 1-10 how would you rate the session?

10

7. Can you suggest any subject ideas for further workshop days?

N/A

Any further comments:



'Supporting Brighter Futures'

Self Harm & Young People - Evaluation
Date 1-7-21 Age 53 M/F (F)

Feedback Form

Thank you for attending today's session. I endeavour to develop services around the needs of the audience and I would kindly ask you for your thoughts.

1. Do you feel the facilitator was professional and supportive in their approach?

Definitely

2. Was there a good mix of activities to keep you enthused?

yes and for a person that is very self conscious it wasn't at all pressurised

3. Did the content of the day meet your expectations, or would you have liked more? (Please provide details)

met expectations thank you

4. How do you feel your insights and understanding around the issue of self harming behaviour has increased?

It has helped give me other strategies

5. Are you more aware of how to support young people who self harm?

yes

6. On a scale of 1-10 how would you rate the session?

10 ++

7. Can you suggest any subject ideas for further workshop days?

Anxiety in children

Any further comments:

As usual Penny absolutely brilliant



'Supporting Brighter Futures'

Self Harm & Young People - Evaluation

Date...1-Jul-21 Age...15..... M/F...F.....

Feedback Form

Thank you for attending today's session. I endeavour to develop services around the needs of the audience and I would kindly ask you for your thoughts.

1. Do you feel the facilitator was professional and supportive in their approach?

Yes very. I loved the chilled and friendly but
✓ professional approach.

2. Was there a good mix of activities to keep you enthused?

Yes a very good balance between discussion
and activities; and no powerpoint! :)

3. Did the content of the day meet your expectations, or would you have liked more?
(Please provide details)

100%. ++.. I would like a follow on
workshop.

4. How do you feel your insights and understanding around the issue of self harming behaviour has increased?

It has greatly increased my insight. I can now
see it from a young person's view.

5. Are you more aware of how to support young people who self harm?

Yes, surprisingly straightforward but would need
to practice!

6. On a scale of 1-10 how would you rate the session?

10++

7. Can you suggest any subject ideas for further workshop days?

No but I would definitely recommend this
and other services from Summerhouse.

Thank You Penny 😊

Any further comments:



'Supporting Brighter Futures'

Self Harm & Young People - Evaluation

Date..... Age..... M/F.....

Feedback Form

Thank you for attending today's session. I endeavour to develop services around the needs of the audience and I would kindly ask you for your thoughts.

1. Do you feel the facilitator was professional and supportive in their approach?

yes.

2. Was there a good mix of activities to keep you enthused?

yes

3. Did the content of the day meet your expectations, or would you have liked more?
(Please provide details)

great content.

4. How do you feel your insights and understanding around the issue of self harming behaviour has increased?

much more understanding.

5. Are you more aware of how to support young people who self harm ?

yes

6. On a scale of 1-10 how would you rate the session?

10

7. Can you suggest any subject ideas for further workshop days?

Any further comments:



'Supporting Brighter Futures'

Self Harm & Young People - Evaluation

Date 01-07-2021 Age 29 ~~MF~~ F

Feedback Form

Thank you for attending today's session. I endeavour to develop services around the needs of the audience and I would kindly ask you for your thoughts.

1. Do you feel the facilitator was professional and supportive in their approach?

100%

2. Was there a good mix of activities to keep you enthused?

yes -

3. Did the content of the day meet your expectations, or would you have liked more?
(Please provide details)

Really good. Assurance that there aren't 'magic answers', that listening + supporting is the correct approach.

4. How do you feel your insights and understanding around the issue of self harming behaviour has increased?

Reassurance +

5. Are you more aware of how to support young people who self harm?

yes.

6. On a scale of 1-10 how would you rate the session?

9

7. Can you suggest any subject ideas for further workshop days?

Spotting signs of cause for concern.
Approaching difficult subjects/conversations.

Any further comments:

Thankyou - Will be advocating your services to my school.

Self Harm & Young People - Evaluation

Date 01/07 Age 53 M/F (M)



'Supporting Brighter Futures'

Feedback Form

Thank you for attending today's session. I endeavour to develop services around the needs of the audience and I would kindly ask you for your thoughts.

1. Do you feel the facilitator was professional and supportive in their approach? **YES**
2. Was there a good mix of activities to keep you enthused? **YES**
3. Did the content of the day meet your expectations, or would you have liked more? (Please provide details) **~ YES**
4. How do you feel your insights and understanding around the issue of self harming behaviour has increased?
CONSOLIDATED MY UNDERSTANDING
5. Are you more aware of how to support young people who self harm? **YES**
6. On a scale of 1-10 how would you rate the session? **9/10**
7. Can you suggest any subject ideas for further workshop days?
GENDER IDENTITY.

Any further comments:

**THANKS FOR ALL YOUR HARDWORK!
A GREAT DAY OUT -**



'Supporting Brighter Futures'

Self Harm & Young People - Evaluation

Date...11/7/21 Age...48 M/F...M

Feedback Form

Thank you for attending today's session. I endeavour to develop services around the needs of the audience and I would kindly ask you for your thoughts.

1. Do you feel the facilitator was professional and supportive in their approach?

Yes very open and friendly

2. Was there a good mix of activities to keep you enthused?

Yes

3. Did the content of the day meet your expectations, or would you have liked more?
(Please provide details)

Would have liked more strategies for relaxation, calming, stress management

4. How do you feel your insights and understanding around the issue of self harming behaviour has increased?

Greater understanding.

5. Are you more aware of how to support young people who self harm?

Yes

6. On a scale of 1-10 how would you rate the session?

9

7. Can you suggest any subject ideas for further workshop days?

Anger/anxiety management.

Any further comments:



'Supporting Brighter Futures'

Self Harm & Young People - Evaluation

Date...1 July..... Age...50..... M/F.....

Feedback Form

Thank you for attending today's session. I endeavour to develop services around the needs of the audience and I would kindly ask you for your thoughts.

1. Do you feel the facilitator was professional and supportive in their approach?

Yes

2. Was there a good mix of activities to keep you enthused?

Good to have some practical activities.

3. Did the content of the day meet your expectations, or would you have liked more?
(Please provide details)

*I would have liked more specific support
& strategies eg distraction techniques were not covered.*

4. How do you feel your insights and understanding around the issue of self harming behaviour has increased?

5. Are you more aware of how to support young people who self harm?

I would have liked more on alternative strategies

6. On a scale of 1-10 how would you rate the session?

7. Can you suggest any subject ideas for further workshop days?

I'm interested in tapping

Any further comments:

*I appreciate your not for profit ethos and your passion
for what drives you.*