**Arts for Mental Health and Wellbeing**

**Name (Optional): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Ethnicity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_**

(Please Answer on a scale of 0-10)

**Project 1 - Mental Health and Dementia Awareness**

1. How much has your knowledge and awareness increased of mental health and dementia services available to you in your local area after this Awareness event(s)?

Not Very 0 2 4 6 8 10 Very

Which organisation/group you represent/referred by (if any)?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Project 2- Community Champions**

1. Did the course(s) help you to improve your understanding of your own health and wellbeing?

Not Very 0 2 4 6 8 10 Very

2. Have you been able to identify any opportunities to improve the mental health and wellbeing within your local community or network?

None 0 2 4 6 8 10 Lots

3. How likely are you to go into volunteering after this course(s) ends?

Not Very 0 2 4 6 8 10 Very

4. Are you likely to seek further education or employment after this course(s)?

Not Very 0 2 4 6 8 10 Very

5. How was your confidence before the course(s)?

Not Very 0 2 4 6 8 10 Very

6. How was your confidence after the course(s)?

Not Very 0 2 4 6 8 10 Very

7. Has the course(s) been able to help you change your behaviour in how health and care services are used?

Not Very 0 2 4 6 8 10 Very

8. Were you satisfied with the course(s) provided by MAMC?

Not Very 0 2 4 6 8 10 Very

9. Did the course(s) provided by the Tutors meet your expectations?

Not Very 0 2 4 6 8 10 Very

**Project 3 - Young people Health Awareness**

1. Did the sessions(s) help you to improve your understanding of mental health awareness?

Not Very 0 2 4 6 8 10 Very

2. Did the sessions(s) help you to improve your understanding of personal awareness?

Not Very 0 2 4 6 8 10 Very

3. Did the sessions(s) help you to improve your understanding of emotional wellbeing?

Not Very 0 2 4 6 8 10 Very

4. Did the sessions(s) help you to improve your understanding of peer pressure?

Not Very 0 2 4 6 8 10 Very

5. Did the sessions(s) help you to improve your understanding of relationships?

Not Very 0 2 4 6 8 10 Very

6. Did the sessions(s) help you to engage with older people by sharing views and experiences?

Not Very 0 2 4 6 8 10 Very

7. How much do you feel the sessions have improved your ability to seek relevant help?

Not Very 0 2 4 6 8 10 Very

8. How important did you find the capturing of experiences on film?

Not Very 0 2 4 6 8 10 Very

9. How much did your skills improve in filming the evidence?

Not Very 0 2 4 6 8 10 Very

10. How was your confidence before the sessions(s)?

Not Very 0 2 4 6 8 10 Very

11. How was your confidence after the sessions(s)?

Not Very 0 2 4 6 8 10 Very

12. Has the sessions(s) been able to improve your self-esteem?

Not Very 0 2 4 6 8 10 Very

13. Were you satisfied with the course(s) provided by MAMC?

Not Very 0 2 4 6 8 10 Very

14. Did the course(s) provided by the Tutors meet your expectations?

Not Very 0 2 4 6 8 10 Very

**Project 4 – Work and Skills**

1. Did the work placements at MAMC help you to improve your confidence in work environment?

Not Very 0 2 4 6 8 10 Very

2. Did the work placements at MAMC improve your office skills?

Not Very 0 2 4 6 8 10 Very

3. Did the work placements at MAMC improve your interview skills?

Not Very 0 2 4 6 8 10 Very

4. Did the work placements at MAMC improve your presentation skills?

Not Very 0 2 4 6 8 10 Very

5. What are the chances of you taking part in accredited course(s) at MAMC?

Not Very 0 2 4 6 8 10 Very

6. Did the work placements at MAMC improve your awareness of mental health and wellbeing?

Not Very 0 2 4 6 8 10 Very

7. Did the work placements at MAMC improve your awareness of cultural understanding?

Not Very 0 2 4 6 8 10 Very

8. Did the work placements at MAMC help you to seek employment?

Not Very 0 2 4 6 8 10 Very

9. Were you satisfied with the work placement at MAMC?

Not Very 0 2 4 6 8 10 Very