



**Evaluation Report
Inside Stories 2 14/5/21**

EVALUATION OF SONGWRITING COURSE



Introduction

The song writing course was a 12 week x 1.5hr course on zoom with Deborah Rose as the tutor and Adrian Banks as the music producer. They were supported by Genna Tooley who was a volunteer. Six people signed up to the course and three people completed the course. Three were from Leamington Spa, one from Alcester and two came from Stratford Upon Avon. All were White British. The ages of the participants were 25-34 years, 35-44 years and 45-54 years. 3 women and 3 men.

The group had weekly music sessions learning about song writing and music composition and they worked with Deborah and Adrian to write, produce and record their songs. We held a listening zoom event to share all the songs to each other and feedback.

Wem webs scores

Participant A

Question	Pre project	Post project	Outcome
I've been feeling optimistic about the future	3	2	down

I've been feeling useful	4	3	down
I've been feeling relaxed	4	3	down
I've been feeling interested in other people	4	1	down
I've had energy to spare	3	3	same
I've been dealing with problems well	3	3	same
I've been thinking clearly	4	3	down
I've been feeling good about myself	3	2	down
I've been feeling close to other people	2	3	up
I've been feeling confident	3	2	down
I've been able to make up my own mind about things	4	3	down
I've been feeling loved	2	3	up
I've been interested in new things	4	3	down
I've been feeling cheerful	3	3	same
TOTAL	46	37	

Participant A generally has lower well-being scores at the end of the project apart from in the areas of feeling loved and feeling close to others. Participant's general well-being has been negatively impacted by lockdown, isolation and health problems.

Participant B

Question	Pre project	Post project	Outcome
I've been feeling optimistic about the future	3	5	up
I've been feeling useful	4	4	same
I've been feeling relaxed	4	2	down
I've been feeling interested in other people	4	5	up
I've had energy to spare	2	1	down
I've been dealing with problems well	2	2	same
I've been thinking clearly	1	5	up
I've been feeling good about myself	1	4	up
I've been feeling close to other people	1	1	same
I've been feeling confident	1	2	up
I've been able to make up my own mind about things	1	3	up
I've been feeling loved	2	2	same
I've been interested in new things	3	5	up

I've been feeling cheerful	1	4	up
TOTAL	30	45	

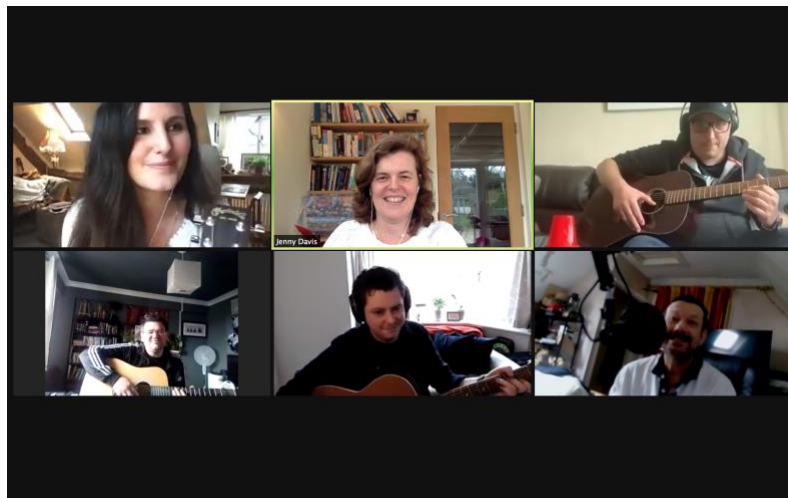
Participant B overall has higher well-being scores at the end of the project and in some cases scores are up by 2 or 3 in the areas of being cheerful, interest in new things, making up own mind, feeling good about self, thinking clearly and optimistic about the future.

Participant C

Question	Pre project	Post project	Outcome
I've been feeling optimistic about the future	3	4	up
I've been feeling useful	2	2	same
I've been feeling relaxed	4	3	down
I've been feeling interested in other people	2	2	same
I've had energy to spare	4	3	down
I've been dealing with problems well	4	2	down
I've been thinking clearly	3	4	down
I've been feeling good about myself	3	2	down
I've been feeling close to other people	1	2	up
I've been feeling confident	2	2	same

I've been able to make up my own mind about things	5	3	down
I've been feeling loved	2	2	same
I've been interested in new things	3	3	same
I've been feeling cheerful	3	3	same
TOTAL	41	37	

Participant C had a mixed result in terms of scores with 6 of them being the same and 6 of them going down. The areas of improvement are in the areas of feeling good about myself and optimistic about the future. I know participant C's overall mental well-being has not been as good due to lockdown and isolation which is probably why his scores haven't improved much.



Happiness scores and verbal feedback

Participants were asked to score how they felt before and after the session. The scores were poor, ok, good, brilliant. They were also asked to feedback any general comments which helped Gavin the facilitator to incorporate their feedback in to the sessions.

Week 1

Pre sessions Ok 1 Post session ok 1
 Interesting and I look forward to see where it goes

Week 2

Pre sessions Ok, 1 Post session good 1
 Really enjoyed the song writing session. Looking forward to the progression

Week 3

Pre sessions poor 1, Post session ok 1

It's new, fresh, vibrant and in places magical ;)

Week 4

Pre sessions poor 1, ok 1, Post session ok 1, good 1

-I felt very motivated and inspired after the session. I enjoy refocussing my thoughts on something new and creative and feel supported to do so. Thank you.

-Good session

Week 5

Pre session poor 2, brilliant 1, Post session ok 1, good 1

-I've been feeling fragile for a few months and I was feeling upset before the session.

Following the session after being encouraged, supported and focussing on the topic I felt much better

-Great content, love this. So sorry I missed an important session with Adrian in

-liberated

Week 6

Pre session ok 2, Post session ok 1, good 1

- I really struggled first session cause I was having problems with the zoom mute etc 2nd time was good bit more relaxed enjoyed seeing x play guitar

-I was expecting to have to show parts of a song and did, I feel good about the session. The team are great and I look forward to the progression

Week 7

Pre session ok 1, Post session good 1

-Good session. Enjoyed it

Week 8

No results

Week 9

Pre session good 1, brilliant 1, Post session good 1, brilliant 1

-New year, fresh start, sober, feeling well. Session was good. Thanks

-I adore doing these sessions, it's hard to be there at the start but after I feel positive and able to take the world on again.

Week 10

No results

Week 11

Pre session good 1, Post session good 1

Really enjoyed the session. I have a personal connection with the song-writing, so everything said soaks in really well

Week 12

No results

Analysis

Not that many of the participants filled these out every week so it's hard to get the full picture, but it does show that there is some improvement in participants feelings most of the time from the beginning to the end of the sessions. The verbal feedback is very positive though.

Final survey

Has the song writing had a positive effect on you?

Yes 3

What have you enjoyed about it? What have you learnt?

- I enjoyed having something to do that I want to do. I've learnt that kind hearts are out there
- I enjoyed the singing
- I enjoyed that the course was fun
- I made some friends
- I have learnt how to write a song
- I have learnt I am better at comedy than songwriting
- It was mentally beneficial and I enjoyed doing it
- I have only positive things to say about the course

How did you find the delivery of it on Zoom, any feedback about this?

- Zoom was ok apart from a few technical difficulties sometimes
- The connection has always been good
- Fine just once I struggled to get on it

How did you find working with Deborah and Adrian the artists?

- Awesome. They're kind and generous, they know their stuff. They are professionals and you can tell
- Nice people they were
- Adrian was great and Deborah's advice on singing was great she is very experienced and has a voice of an angel

Is there any other arts course you would like to do?

- Visual arts and crafts, comedy writing and performing
- Airbrushing, scriptwriting, piano, music theory, screen printing, mono painting, drama, sculpting, moulding and casts,
- Not sure maybe email me

Observations

It took a while for the group to settle as there was three people that were not fully committed to the course but when the group settled to the three regular participants they really bonded. They frequently said to the project manager how much they were enjoying it and getting a lot out of it. People's mental health was a bit up and down through the course, but it gave participants a safe space to meet and come together as they were all very isolated. One lady who did not complete the course due to work commitments also commented how much she was getting out of it.

The project tested the participants confidence as they not only wrote their own songs but sung on them and one participant played music also, so they produced more than was expected.

Delivering the project on Zoom has made the participants do more of the technical aspects themselves than if we had delivered it in person like recording the vocal or music. Adrian observed that he had never seen participant C as happy as when he was listening to everyone's songs at the listening party on Zoom. The participants were very engaged in the project and asked a lot of questions which pushed Deborah the tutor to be more technical than she had anticipated. There was quite a few supportive phone calls and texts in between the sessions as the participants gained trust and confidence in the project manager.

Learning so far

We have spoken about doing the course again and if we did, we would like to try it over a few days perhaps over 4 weekends to give more intense support to the participants in the writing and composing of the songs. Some people did the tasks that were set in the weeks in between but some did not. We would also like to market it through the Recovery and Well Being Academy to try and reach more people as well.

EVALUATION OF CREATIVE WRITING COURSE

Introduction

The storytelling course was marketed through the Recovery and Well Being Academy. This group also had 12 zoom sessions of 1.5hrs long. Gavin Young was the tutor and was supported by Genna Tooley who was a volunteer. Twelve people signed up to the course via the Recovery and Wellbeing Academy and nine people completed the course. We had 4 people on the waiting list. 11 adults were White British and 1 was Asian. I did not receive the locations of where people lived from the Recovery and Well Being Academy.

The participants spent 10 of the weeks learning about the various techniques to storytelling and how it can be used for your well-being. The last two sessions were spent sharing the writing so far that the participants had done and giving feedback. Participants were then invited to put forward some writing which was put into an E-book and shared. A facebook page was set up also to support the group and to share ideas and writing issues.

Wemwebs scores

Eleven people filled this form out at the beginning of the course and 7 people completed it at the end of the course.

Participant D

<u>Statements</u>	<u>Pre project</u>	<u>Post project</u>	<u>Score movement</u>
I've been feeling optimistic about the future	Rarely 2	Often 4	up
I've been feeling useful	Rarely 2	Some of the time 3	up
I've been feeling relaxed	Some of the time 3	Some of the time 3	same
I've been dealing with problems well	None of the time 1	Often 4	up
I've been thinking clearly	Rarely 2	Often 4	up
I've been feeling close to other people	Rarely 2	Some of the time 3	up
I've been able to make up my own mind about things	Rarely 2	Often 4	up
TOTAL	14	25	

Participant E

<u>Statements</u>	<u>Pre project</u>	<u>Post project</u>	<u>Score movement</u>
I've been feeling optimistic about the future	Rarely 2	Some of the time 3	up
I've been feeling useful	Some of the time 3	Some of the time 3	same
I've been feeling relaxed	Rarely 2	Some of the time 3	up
I've been dealing with problems well	Some of the time 3	Some of the time 3	same
I've been thinking clearly	Some of the time 3	Some of the time 3	same
I've been feeling close to other people	Rarely 2	Rarely 2	same
I've been able to make up my own mind about things	Some of the time 3	Some of the time 3	same
TOTAL	18	20	

Participant F

<u>Statements</u>	<u>Pre project</u>	<u>Post project</u>	<u>Score movement</u>
I've been feeling optimistic about the future	Some of the time 3	Often 4	up
I've been feeling useful	Some of the time 3	Often 4	up
I've been feeling relaxed	Rarely 2	Often 4	up
I've been dealing with problems well	Some of the time 3	Often 4	up
I've been thinking clearly	Some of the time 3	Often 4	up
I've been feeling close to other people	Some of the time 3	Some of the time 3	same

I've been able to make up my own mind about things	Some of the time 3	Often 4	up
TOTAL	20	27	

Participant G

<u>Statements</u>	<u>Pre project</u>	<u>Post project</u>	<u>Score movement</u>
I've been feeling optimistic about the future	Rarely 2	Some of the time 3	up
I've been feeling useful	Rarely 2	None of the time 1	down
I've been feeling relaxed	Rarely 2	Some of the time 3	up
I've been dealing with problems well	Rarely 2	Some of the time 3	up
I've been thinking clearly	Often 4	Often 4	same
I've been feeling close to other people	None of the time 1	Rarely 2	up
I've been able to make up my own mind about things	All of the time 5	Often 4	down
TOTAL	18	20	

Participant H

<u>Statements</u>	<u>Pre project</u>	<u>Post project</u>	<u>Score movement</u>
I've been feeling optimistic about the future	Rarely 2	Often 4	up
I've been feeling useful	Rarely 2	Often 4	up
I've been feeling relaxed	Rarely 2	Often 4	up
I've been dealing with problems well	Rarely 2	Some of the time 3	up

I've been thinking clearly	Rarely 2	Often 4	up
I've been feeling close to other people	Some of the time 3	Often 4	up
I've been able to make up my own mind about things	Rarely 2	Often 4	up
TOTAL	15	27	

Participant I

<u>Statements</u>	<u>Pre project</u>	<u>Post project</u>	<u>Score movement</u>
I've been feeling optimistic about the future	None of the time 1	Often 4	up
I've been feeling useful	Rarely 2	Some of the time 3	up
I've been feeling relaxed	None of the time 1	some of the time 3	up
I've been dealing with problems well	Rarely 2	Some of the time 3	up
I've been thinking clearly	Some of the time 3	Often 4	up
I've been feeling close to other people	none of the time 1	Often 4	up
I've been able to make up my own mind about things	None of the time 1	Often 4	up
TOTAL	11	25	

Participant J

<u>Statements</u>	<u>Pre project</u>	<u>Post project</u>	<u>Score movement</u>
I've been feeling optimistic about the future	some of the time 3	Often 4	up
I've been feeling useful	Often 4	Often 4	same

I've been feeling relaxed	some of the time 3	Often 4	up
I've been dealing with problems well	Some of the time 3	Some of the time 3	same
I've been thinking clearly	Some of the time 3	Some of the time 3	same
I've been feeling close to other people	some of the time 3	Some of the time 3	same
I've been able to make up my own mind about things	Rarely 2	Often 4	up
TOTAL	21	25	

Overall, for all of the participants that filled out both forms there has been improvements in people's well-being and for some there has been some significant improvement.

Happiness scores and verbal feedback

Participants were asked to score how they felt before and after the session. The scores were poor, ok, good, brilliant. They were also asked to feedback any general comments which helped Gavin the facilitator to incorporate their feedback into the sessions.

Week 1

Pre sessions Ok 5 good 1, Post session 3 ok 4 brilliant

"I thought his storytelling was fantastic but would like to know more about where the course is going"

"Thought provoking and inspiring"

"I was very nervous before hand but more confident that I could have my camera off, I enjoyed being invisible, it was fun, nice to hear peoples own personal stories and obviously Gav's, Looking forward to next one."

"I thought his storytelling was fantastic but would like to know more about where the course is going."

Week 2

Pre sessions poor 1, Ok 4 good 1 Post session ok 1, good 4, brilliant 1

"Again really enjoyed it and looking forward to next session"

"Absolutely captivating. My imagination was fired up. I found the explanation about planning a story really useful and insightful and learning about neural couplings really fascinating"

"I really enjoyed this sessions and look forward to putting it in practice. I am finding the course really interesting."

Week 3

Pre sessions poor 1, ok 6, good 1, Post session ok, 1 good 5, brilliant 2

"It was brilliant, thought provoking, inspiring, engaging and really helped me to work out where to go next with my story. I felt/feel really lucky and grateful to be on the course. It's awakening the storyteller inside me. After my daughter died of cancer 10 years ago I went through a period of writing poems, I would be walking and ideas would come and once I had the first line or two the poem would just write itself. So Gav helped me to remember that, by being outside, for me looking at the sky and the fluffy white clouds. I was transported back to writing that one poem at one point in the lesson."

"I really feel the sessions are taking shape in my mind, thank you"

"I do like when we get told a story & how Gav tells it you really can see the story in your own mind"

"Really enjoying the sessions. not contributing much - not because of the course but just because I find zoom difficult."

Week 4

Pre sessions poor 2, ok 2, good 1 Post session good 5

"I absolutely loved the way Gav told the story of Jack and Tom. He really had his audience in the palm of his hand wanting more. The explanation of movement was very helpful and informative."

"Again I enjoyed it a lot and it always lifts my mood, Im trying to pluck up courage to put my camera on to interact more, Last week I don't think my mic was working as it seemed no one could hear my input"

Week 5

Pre session poor 1, ok 5, good 1 Post session poor 1, ok 1, good 4, brilliant 1

"It was grand. I get a bit lost though sometimes because my mind wanders away for example, I kept wondering what breed of horse what colour etc so end up missing little bits because I hear my mind and not the story. But I enjoyed it."

"I got so much from last night's course. I identified with so much that was said and it gave me hope. I will be doing this week's homework and will really think about what I learnt. Thank you."

"I was not in a good place on 1/03/ due to it being my 25th Wedding anniversary, I had been looking for excuses to not log on to the class..... I am so glad I did, was great listening to Gavin's personal story and to be honest I was in tears as it made me feel that if he could get back from his dark place then there is hope for me!!!"

"I really enjoyed the session looking at reframing and how you can change your story, but I'd have liked more time to explore this - maybe more discussion"

"Really interesting ideas and well explained and described. Really helps to have the course notes to digest it later too."

Week 6

Pre session poor 1, ok 3, good 2 Post session ok 1, good 4, brilliant 1

"I enjoyed this one and the interaction between participants and Gavin. I found it much easier to engage in - as with the first one I joined too - which I believe was Session 3. I found it difficult to engage in the one - no 4? - in which a very long story was told, which I lost the thread of and ended up feeling a lot of resistance to, instead of enjoying and getting into as everybody else seemed to be. I did try to stay with it but somehow the story didn't catch my curiosity. I have definitely preferred the sessions like the last one with more interaction and questions asked, as well as people beginning to share their work and stories. I also found it useful and trust building to listen to Gavin telling something of his own story. Maybe I had a resistance to the long fantastical/ magical / fairy tale because it struck me as less real, somehow. Either way , I warmed to hear the personal story told with honesty and candour, and I am glad to be part of the course."

"As always Gav has us all engaged in the group. I really enjoyed this week's lesson exploring the psychological"

Week 7

Pre session poor 1, ok 4, good 1 Post session ok 1, good 3, brilliant 2

"You can tell Gavin's a friendly man, just looking at him, and it's good to be in his lively presence. It's uplifting. Thank you"

"I loved the exercise we did. Gavin as always is engaging and fired the imagination. Brilliant"

Week 8

Pre session poor 1, ok 1, good 1 Post session ok 1, good 1, brilliant 1

"I just love hearing about everyone's life experiences"

"I found it frustrating that one person was taking a lot when their connection was very poor, because they kept on interrupting other people and talked for quite long periods even when they were told their connection was cutting out and they were hard to understand"

Week 9

No results

Week 10

Pre session ok 2, good 1, Post session good 2 brilliant 1

"Always a pleasure listening and joining in with a group and subject you are interested in"

Week 11

Pre session poor 2, ok 3, Post session ok 1, good 2, brilliant 2

"I was nervous about sharing my work, never having done this before. But the feedback I got was so genuine and helpful and it gave me much more confidence in myself and what I was doing."

"I think Gavin has created such a supportive space to share our work"

"wow the session was amazing hear 3 people's stories, so inspiring"

"I have been feeling very low of late but was looking forward to the class as I always do, I love hearing everyone's stories, I do not interact much as I have very low confidence at the moment, but the classes do really help me."

Week 12

Pre session poor 1, ok 2, Post session good 1, brilliant 2

No comments

Analysis

These results show that there is some improvement in participants feelings most of the time from the beginning to the end of the sessions, with most people improving how they were feeling at the end of the session by one score. The numbers of people filling them in lowered as time went on maybe showing people's fatigue of filling it in. The verbal feedback is mostly very positive.

"I want to thank you personally for making me welcome on this course and giving me this opportunity not only to observe but to participate in this learning and growing experience. It really has been timely and significant for me in so many ways. I went under bigtime this winter, after this insane year, and this course has been one of the things I could hold on to to lift myself through, or just - hold on to, at least!"

Participant Satisfaction Survey

How satisfied were you with the course?

Extremely satisfied 6 Satisfied 1

What is the best thing about the course you attended?

"Everyone sharing their stories and people explaining things from their perspective"

"The person that ran it (Gav) and his wealth of knowledge around storytelling, his experience and also him sharing his story with our group about his life. This made him relatable."

"Listening to everyone's stories and life experiences"

"Learning how to tap into the inner knower, listen and extract from brain to paper. Being taught how to do that is priceless."

"I have never been able to make it past the first couple of sessions in similar things before, but I found Gav extremely motivating and it meant the course was the highlight of my week. I have not felt like I was really a part of a group like that before, and I am so grateful I had the chance to take part in this."

"I really appreciated the sharing of psychological research as it related to narrative making and storytelling and the level of passion and engagement and on the behalf of the course leader, Gavin. I thought he went over and above the call of duty with his willingness and enthusiasm in engaging all of us outside of the course time giving his time and attention to all the writing and commenting on it in specific detail pointing out the parts that were impressive and building people's confidence enormously. He really listened with intelligence and compassion and responded accordingly."

What aspects of the service do you feel could be improved?

“Just make sure when on zoom all participants connections are good as its extremely irritating when you can’t hear what someone is saying.”

“More focus on outcomes of the session at the beginning.”

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Do not wish to answer
I feel that attending this course has helped improve my mental health and/or wellbeing	5	2				
The support/information I received has helped me	4	3				
I know where to go for further support for myself or others	4	3				
I have access to information about how to look after myself and others	3	1	1	1		
I feel I have been listened to and respected throughout the course	7					

Observations and learning

It was a very mixed group as some people wanted to show their face to the camera and contributed and some didn’t show their face at all and said nothing. It did take quite a few sessions for people to feel confident and share in the sessions, but as time went on, they warmed up as a group. Staying on for ten minutes after the zoom session was a great idea and enabled people to ask questions in a more informal way and not in front of the whole group. Overall, the feedback has been excellent, and the results show that the creative writing sessions have improved people’s well-being. Gavin the facilitator was mentioned a lot in the feedback as a positive of the course and I think he was essential to creating a warm and supportive environment. The writing people have contributed is inspiring.