

Raise Resilience Report for Barking and Dagenham Supported by THRIVE LDN.



Barking and Dagenham Based Parents Reached: 238
Children Reached (through parents): 330

Overall Summary Report

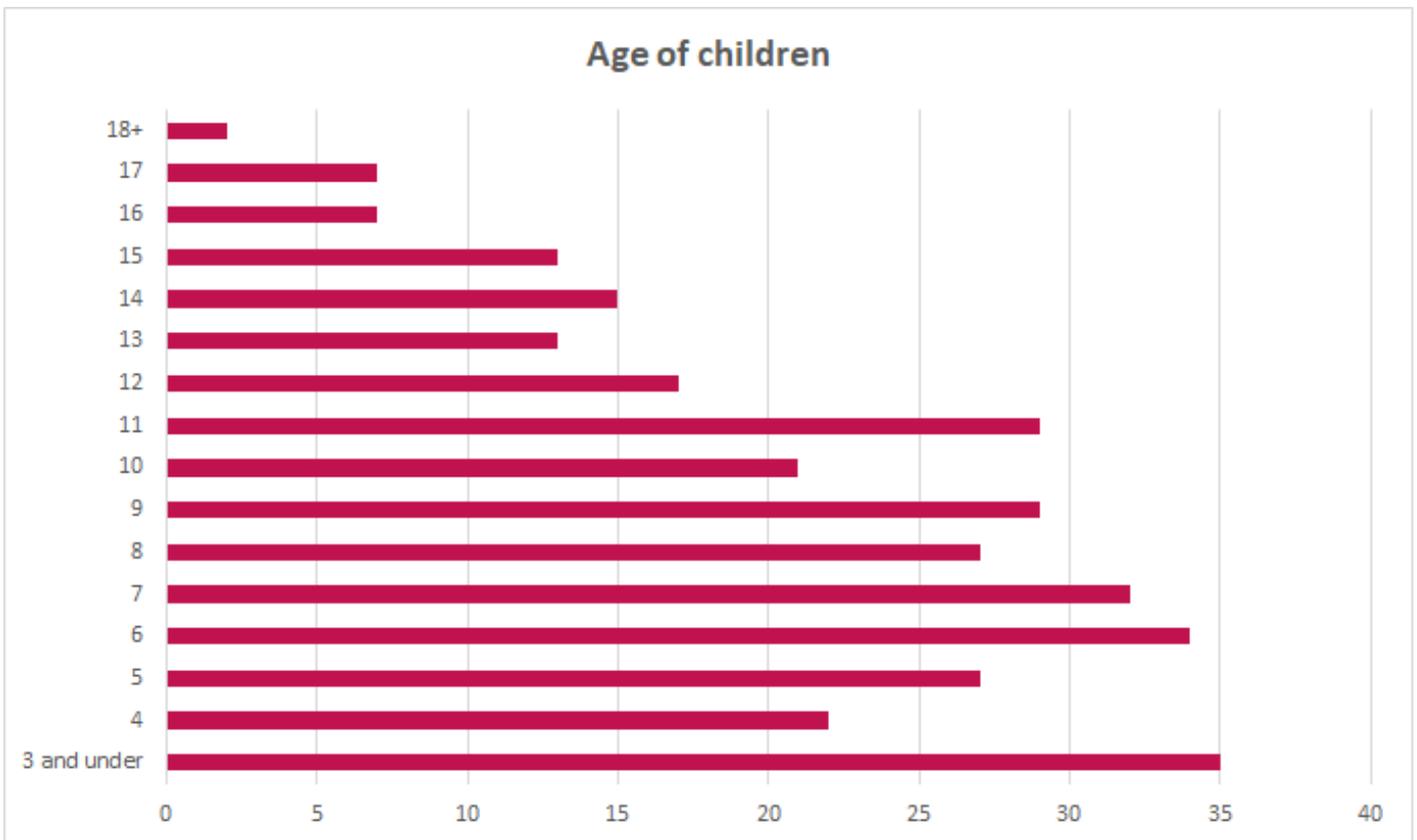
It has been a pleasure for Bounce Forward to deliver an extremely successful Raise Resilience course to 238 parents in the Barking and Dagenham borough.

Below we have included a report on questions asked both upon registration and in the optional feedback survey on completion of the course. We have also included some extra comments and feedback from throughout the course.

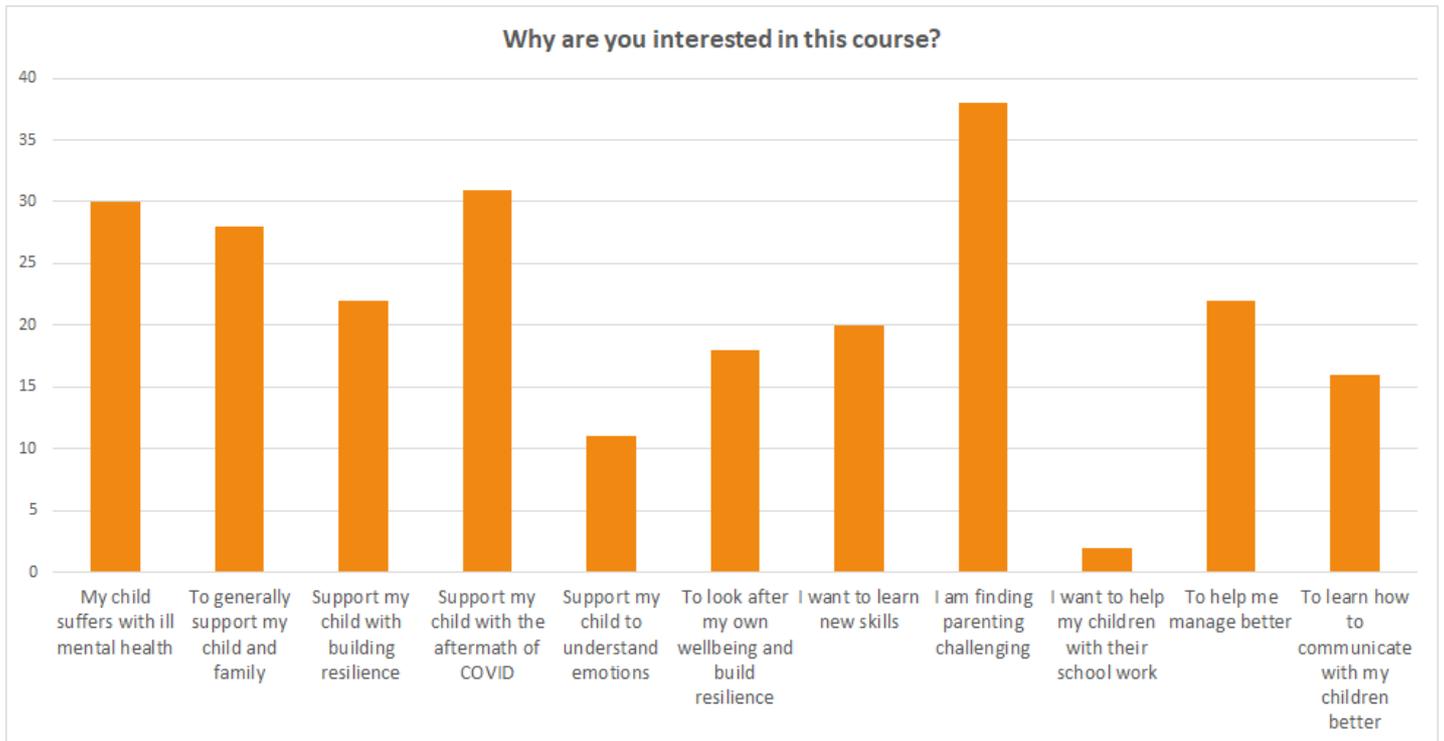
At registration parents were asked 3 questions that are detailed below.

Question 1: What age is your child/children?

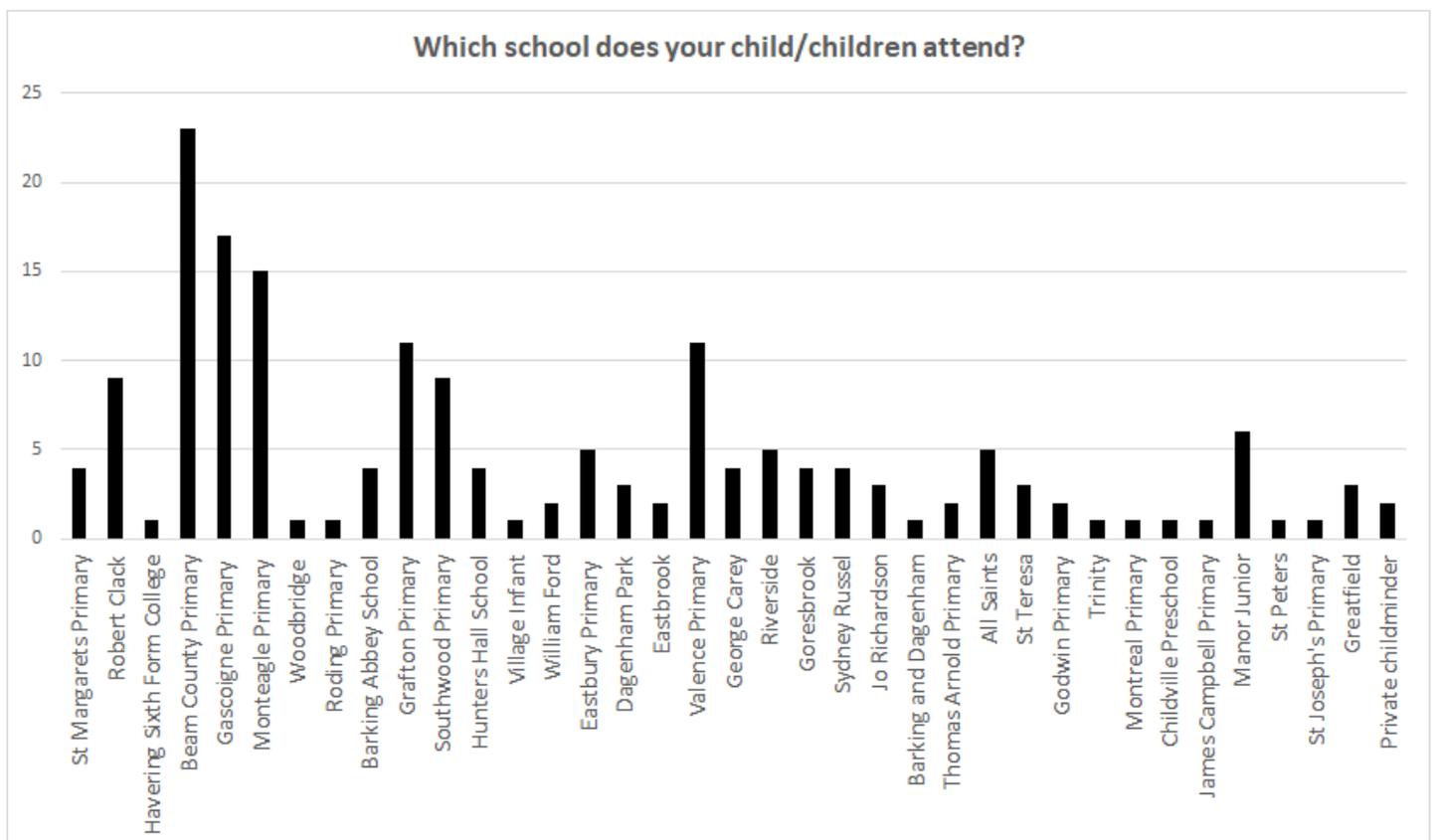
We received information on 330 children broken down in the table below.



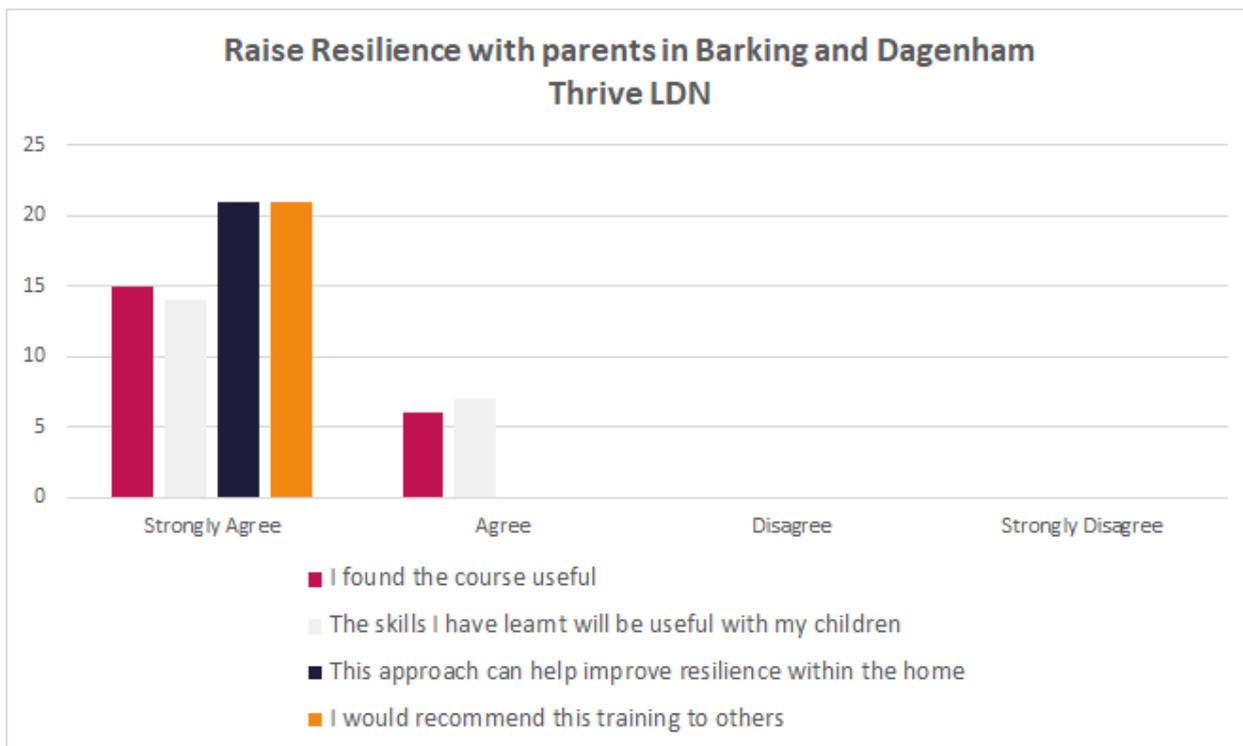
Question 2: Why are you interested in this course?



Question 3: Which school does your child/children attend?



Optional survey feedback



We asked parents about their experience overall. Including ways in which they found the content useful and what could have improved the learning for them:

- I found it really engaging. I like the psychology element and the group chat. It was really well facilitated by Luci and the pace was great. Having the links and materials to refer back to was really good to be able to recap learning. Excellently administrated too! A huge success in my book. Thank you.
- I have loved this course so much. Despite it being virtual, it still felt engaging and Luci was an excellent trainer! It was very interesting and have loved the discussion of ideas, problems, tips and recommendations. Thank you so much!
- My son is six and on the autism spectrum, so finding good opportunities to practice the strategies can be challenging in itself, because he's so often not in a place to be receptive which has felt like a bit of stumbling block, but I think with time those opportunities will become more common place as a result, a bit chicken and egg style. Solidifying the ABC thought processes and the way I use language and respond to difficult situations has been really helpful, and even if I had been doing them to some degree before, makes me feel like I now have 'a plan' rather than winging it, which reduces anxiety for both of us I think! Massive thanks to Lucie who was attentive and validating throughout, and Elisha for the behind the scenes, and of course Thrive LDN. Would be interested in doing something similar again!
- It was so amazing, I looked forward to the sessions each week, learnt a lot of mind blowing information, that I have applied to my life and have seen improvements! Wish there was more sessions, so sad that it has ended! I have loved learning about my strengths, the ABCs, process praise, the growth mind set, i being aware of my gremlins, it has been wonderful learning, and these sessions have been apart of my self care! Thank you ever so much!
- Really helpful
- It was all explained so well. So helpful.
- It's been helpful to take time aside for me and learn new things.
- This has helped a ton to understand my own moods and even my children's. My two year old hardly tantrums and when she does it doesn't last long and my 10 year old is starting to express his feelings abit more. I had been in a domestically abusive relationship and going back over the court stuff has been making me question my own reactions and doubt my own self. This gave me a ton of insight and could actually be applied for those feel more motivated and acknowledge their strengths. The only way I could think to improve this would be links to different books mentioned, and websites etc.

Additional comments and feedback from throughout the course:

- Thanks really encouraging and you have been really engaging.
- Thank you for the most wonderful hour every week.
- Really found changing the why to a what questions so helpful.
- I'm much calmer actually and now thinking more about what i'm saying.
- Sadly an upset child aged 9 - usually using the why question would just add more tears, but by using the what questions really helped open up what was happening for him. Thank you!
- Feel really challenged by fixed negative beliefs of my child - so this has been really useful.
- This has helped me be more concentrated on responding as oppose to reacting.
- I am being alot more cautious of how my actions impact on my gremlins feelings.
- Thank you very much I thoroughly enjoyed the programme.
- Thank you so much, these sessions were part of my self care! loved it, will miss this, but I have learnt so much! thank you once again :)
- Thank you for your time and learning tools.
- This has been great! i will miss it!
- Thank you for your time and energy, I've loved this.
- Thank you for this amazing opportunity! Thank you for your kindness and humanity!
- This felt super, I wish it was longer.
- Thanks thanks so much for the helpful and useful course. it has been amazing. Good luck with everything.
- I think I will put more attention to my strengths when dealing with different situations - thank you!
- This course has helped me be able to be clear about what I truly value in life.
- So grateful for the Bounce Forward team.
- The materials on challenging beliefs has been life altering, thank you so much.
- This week I used the skill where you do the worst possible scenario in your head and what could happen at worst. it's been very helpful as now I can see myself being unnecessarily over dramatic.
- I've had a little anxiety wobble this week, so have had a think about my habits and are realising that I am really contributing to the way I make myself feel. Thank you for helping me understand this!
- Wow.. I feel that I can feel empathy but sometimes I didn't apply it properly. A lot of work for me this week, thank you!