



Inside Out Community Survey Results - July 2017

- 1. Over 95% of participants said that Inside Out has been a highly valued resource for arts and wellbeing.**

"Inside Out has been a lifeline for me, socially & creatively" "the resource has been at the forefront of my mental health recovery, it formed a turning point" "the best thing I ever joined" "I guard my weekly morning at Inside Out, I tell everybody I am unavailable"

- 2. 90% of participants said that being part of the Inside Out community contributed a lot to their sense of improved wellbeing.**

"The art I do gives meaning to my life" "understanding support given at times when I've needed it" "Being part of Inside Out really helps improve my sense of wellbeing and helps me being part of a group who are not judgemental"

- 3. Over 90% of those asked said that participating in the arts was a way of managing or alleviating emotional discomfort (depression/anxiety).**

"attending the music group alleviates my anxiety a great deal" "it makes me feel less depressed in the mornings" "the activities help me very much to function better in my life" "helps relieve emotional pressure"

- 4. 100% of participants said that being part of Inside Out had helped develop their creativity.**

"I have participated in a vast variety of activities that I have never done before" "now do some art work at home" "I like the wide range of arts available" "Every time I discover new things I thought I could never do"

5. **80% of respondents said that they experienced Inside Out as all of the following -**

A safe Place to be creative

A stimulating group

A supportive group

An enjoyable group

*"makes me happy all the time " "the group hits all the right notes" "uplifting" "essential to wellbeing"
" I feel at home here" "the project is something for Ipswich and the community to be proud of" "awesome
experience" "I think this should be nationwide" "can't do without Inside Out " "Brilliant" "life- saving "*

6. **When asked to describe their experience of Inside Out in one word or phrase participant's responses included:**

"inspiring " "sanctuary with biscuits" "life-saving" "transcendent" "life line" "magical" "empowering"

Over 50% of participants responded that they would be interested in taking a more active role within the Inside Out Community either now or sometime in the future. They also had many ideas for improving the programme and the experience for participants which the trustees have taken on board for future discussion.

Response sample -24 returned questionnaires from participants representing the whole range of the current Inside Out programme.