NAME

ORGANISATION / PROJECT



There are many ways to describe feelings of isolation and loneliness, but here are some definitions that may help you think about what it may mean to you.

LONELY - can be being alone when you don't want to be, or feeling alone when you are with others and it makes you feel sad.

ISOLATION- can mean feeling alone and without friends, or help, having little or no contact with other people. Being in a place or situation that separates you from others.



WHAT IS THIS PACK?

You may be wondering what this pack is and why you have been asked to fill it in... well let us explain...

While you are working with us we want to hear about your experience; what is going well and also what needs to be improved. This is really important to us.

One very important topic we would like to focus upon is helping people feel less isolated and lonely.

WHY IS ALL OF THIS IMPORTANT?

Getting your feedback helps us to make changes to ensure that you are getting the best experience you can whilst working with us.

A lot of young people can feel lonely and/or isolated; we want to do everything we can to help stop people from feeling this way.

In this pack there are certain topics we would like you to give us feedback on. These topics are things young people have said can help them in their feelings of loneliness and isolation.

CONNECTIONS

HOW MUCH DO YOU AGREE WITH THESE STATEMENTS?

CIRCLE THE NUMBER THAT FITS YOU BEST...

I CONNECTED WITH NEW PEOPLE AND MADE FRIENDS

1

2

3

4

NOT LIKE ME

A BIT

KIND OF

VERY LIKE ME

I KEPT IN TOUCH WITH PEOPLE I MET THROUGH THE PROJECT

1

2

3

4

NOT LIKE ME

A BIT

KIND OF LIKE ME VERY LIKE

	LIKE ME	LIKE ME	ME	
OID YOU KEEP IN PEOPLE, WORK	TOUCH W.	WOFTE WOFTE	N HAVE YOU SAINCE THE PRO	OKEN.
WING PEOPLE, WORK	THE PROJECT	HOLHEN		-

HOW PHONE CALLS. TEXT NESSIGN.

THE PROJECT HELPED ME TO TAKE PART IN OTHER ACTIVITIES

1 NOT AT ALL 2

HELPED A

3

KIND OF HELPED 4

HELPED A LOT

HOM DID IT DO THIS?

US RBOUT OTHER ACTIVITY OF LUI AU GOT INVOLUED WITH TO				
10,10				E

A MONTO	LOTI	HE PI NG Y	ROJE OUNG	CT GE S PEOP	BETTER

THOUGHTS ON THE PROJECT

I WOULD ACCESS THIS PROJECT AGAIN

NEVER	MAYBE	PROBABLY	DEFINITELY
WHY DO YOU THINK THIS?			COULD CHANGE OUR MIND?
WHAT OPPORTUNITIES DID YOU TAKE PART IN AT THIS PROJECT?			

I WANT TO DO MORE PROJECTS AND ACTIVITIES IN THE FUTURE

1 NOT LIKE ME A BIT LIKE ME

KIND OF LIKE ME

4

VERY LIKE ME

WHERE DO YOU FIND OUT ABOUT NEW OPPORTUNITIES?

WHAT TYPE OF PROJECTS AND ACTIVITIES WOULD YOU LIKE TO DO?	WHY DO YOU WANT TO DO THESE PROJECTS AND ACTIVITIES?

INCLUSION

HOW MUCH DO YOU AGREE WITH THESE STATEMENTS?

I WAS INCLUDED IN...

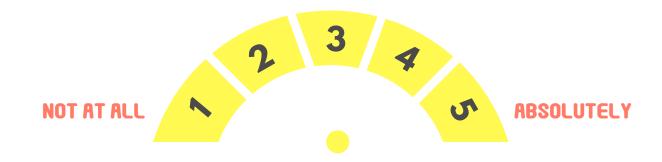
...MAKING DECISIONS ABOUT THINGS THAT AFFECT ME



...DECIDING WHAT ACTIVITIES AND SUPPORT THE PROJECT OFFERED



...I FELT THAT MY OPINIONS AND FEEDBACK WERE LISTENED TO



WHAT HELPED OR STOPPED YOU FEELING INCLUDED IN THE FOLLOWING THINGS			
MAKING DECISIONS ABOUT	THINGS THAT AFFECT ME		
FEELING THAT YOUR OPINIONS WERE LISTENED TO	WHAT ACTIVITIES AND SUPPORT THE PROJECT OFFERED		
I FELT WELCOME ON THIS PROJECT			
DON'T AGREE 2	REALLY AGREE		
WHY?	WHAT COULD HAVE MADE YOU FEEL MORE WELCOMED?		

LEARNING

DON'T

REALLY

(PUT AN X IN THE BOX THAT FITS BEST) AGREE AGREE THE PROJECT OFFERED ME ADVICE AND GUIDANCE ON THE FOLLOWING THINGS ... MY MENTAL AND **EMOTIONAL HEALTH** ... MY PHYSICAL HEALTH ... MY FINANCES ... LIFE SKILLS (E.G. COOKING **CLEANING, PERSONAL HEALTH/ HYGIENE. LIVING ARRANGEMENTS** AND PROCESSES ... OPPORTUNITIES TO HELP OTHERS (E.G. VOLUNTEERING) **OTHER (PLEASE EXPLAIN)**

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OROJECT DO	BETTER TO HELP
OULD THE!	BETTER TO HELP IN THESE AREAS.
JHRI CU	TIPE PLO
38/	

RANK THESE IN ORDER OF HOW IMPORANT THEY ARE TO YOU (JOIN THE DOTS)

MENTAL +
EMOTIONAL •

HEALTH

PHYSICAL •

FINANCIAL •

LIFE SKILLS

HELPING OTHERS MOST IMPORTANT

• 1

• 2

• 3

• 4

- 5

I FEEL LESS LONELY AND/OR ISOLATED AS A RESULT OF BEING INVOLVED IN THIS PROJECT

