

NAME

.....
ORGANISATION / PROJECT
.....



Foundation



National Youth
Partnership



HM Government

Youth focus:
North East

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

NOT LIKE ME

2

A BIT
LIKE ME

3

KIND OF
LIKE ME

4

VERY LIKE
ME

I KEPT IN TOUCH WITH PEOPLE I MET THROUGH THE PROJECT

1

NOT LIKE ME

2

A BIT
LIKE ME

3

KIND OF
LIKE ME

4

VERY LIKE
ME

WHO DID YOU KEEP IN TOUCH WITH?
E.G. OTHER YOUNG PEOPLE, WORKERS ON THE PROJECT

HOW OFTEN HAVE YOU SPOKEN TO
THEM SINCE THE PROJECT?

E.G. SOCIAL MEDIA, PHONE CALLS, TEXT MESSAGES, EMAILS
HOW DID YOU KEEP IN TOUCH?

THOUGHTS ON THE PROJECT

I WOULD ACCESS THIS PROJECT AGAIN

1

NEVER

2

MAYBE

3

PROBABLY

4

DEFINITELY

WHY DO YOU THINK THIS?

WHAT COULD CHANGE YOUR 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

2

**A BIT
LIKE ME**

3

**KIND OF
LIKE ME**

4

**VERY LIKE
ME**

WHERE DO YOU FIND OUT ABOUT NEW OPPORTUNITIES?

Five horizontal lines for writing answers.

**WHAT TYPE OF PROJECTS AND
ACTIVITIES WOULD YOU LIKE TO DO?**

Eight horizontal lines for writing answers.

**WHY DO YOU WANT TO DO THESE
PROJECTS AND ACTIVITIES?**

Eight horizontal lines for writing answers.

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**

1

2

3

4

**REALLY
AGREE**

WHY?

WHAT COULD HAVE MADE YOU FEEL MORE WELCOMED?

LEARNING

(PUT AN **X** IN THE BOX THAT FITS BEST)

**DON'T
AGREE**

**REALLY
AGREE**

THE PROJECT OFFERED ME ADVICE AND GUIDANCE ON THE FOLLOWING THINGS...	1	2	3	4
... 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)				

**PICK ONE THING THE ORGANISATION DID WELL
TO HELP YOU IN ANY OF THESE AREAS?**

WHAT COULD THE PROJECT DO BETTER TO HELP IN THESE AREAS?



RANK THESE IN ORDER OF HOW IMPORANT THEY ARE TO YOU

(JOIN THE DOTS)

MENTAL +
EMOTIONAL ●
HEALTH

MOST
IMPORTANT
● 1

PHYSICAL ●

● 2

FINANCIAL ●

● 3

LIFE SKILLS ●

● 4

HELPING
OTHERS ●

● 5

LEAST
IMPORTANT

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

CIRCLE THE GROUP YOU FEEL MOST APPLIES TO YOUR EXPERIENCE



DISAGREE



AGREE A LITTLE BIT



STRONGLY AGREE



KIND OF AGREE