Project eARTh evaluation summary 2022-23



92%

 participants reported feeling better after a Project eARTh workshop



98%

 sessions with a statistically significant difference between 'before' and 'after' scores (participants felt better after)



41%

 sessions where all participants who completed a feedback form said they felt better afterwards





Feelings before workshops

Feelings after workshops



% of participants with a higher score in the summer 2023 follow up survey compared to baseline (n=24)

I would love to say that High Peak
Community Arts has been my
lifeline, if it was not for the group
I would not even get dressed any
more. I would give in on
everything I do. (participant)

I love going to Project eARTh, it makes me feel happy and like meeting people there and I love the staff. They are all kind and helpful. (participant)

It's a good feeling to achieve a level of work that makes you feel good.

(participant)

Attending the group is improving my self-esteem and will be a fixture in my diary as something to look forward to. (participant)

I feel safe and relaxed in class.
It gives me a sense of
wellbeing that I rarely have
elsewhere. (participant)

Being a volunteer boosts my self-esteem as I now feel that I'm in a position to support people in the group as I felt supported myself when I was a participant. (volunteer)

There's definitely that feelgood factor that you're a part of something that's a very positive thing in people's lives... it's really rewarding that you're a part of making that happen for people.

(volunteer)