

**Feedback Summary**  
**Nurturing Assistant Training Workshop**  
**7<sup>th</sup> November 2023**

**Total No of attendees who provided feedback: 21**

**Gender and Age distribution:** All participants were females between the ages of 26 and above 60 years. The gender distribution was as follows:

Age Range	No of participants
26-29 years	2x
30-35 years	2
36-30 years	1
40-45 years	4
45-49 years	4
Over 60 years	6
did not wish to disclose their age	3

**Job & Work Role:** Out of 21 participants, 14 came from primary schools, two from Local Authority, two from Referral Units, two from Infants, and one from Junior School.

The analysis showed that most participants worked within the school setting, but necessarily as nurture assistants. Out of 21 participants, there were three Educational psychologists and 8 SENCO (Special Education Needs), and the rest were a combination of teaching and nurture assistants. This spread indicates that Project Soothe can be of potential interest to a wider audience within the school setting, not just those training to be Nurture Assistants.

**Overall experience:** 100 % of the participants found the workshop very useful and stated that they had learnt something new. The analysis showed that most participants attended the workshop in order to gain insights on new evidence-based research and approaches to improving the current provisions in assisting young people with their mental health needs. Furthermore, the participants stated that there is a need for more techniques to support as many children as possible in the most effective and accessible way.

**Learning Outcome:** Based on participants' input on learning outcomes, the participants found that imagery can be quite powerful in order to combat low mood and produce immediate

effects. Moreover, the participants found Project Soothe to be a cheap, easily accessible tool which can be used on a day-to-day basis in a variety of settings.

**Project Delivery:** The participants stated that the workshop was delivered in a very engaging manner, and they felt that they were included in the discussions rather than being talked to. Some participants loved the researcher's passion for the subject, and they felt inspired to share their ideas with their colleagues and devise a plan on how to use Project Soothe to help anxious children. Few participants found the planning sheets to be very useful.

**Future Improvement:**

1. In terms of future improvements, a couple of participants commented on the fact that the parking arrangements were sent late, which hindered their organisation.
2. Additionally, participants stated that more information sheets/fliers could be provided for them to take to their respective schools, which could be quite useful.
3. Participants suggested that future projects should include more examples and potential video material featuring actual kids who have used Project Soothe in other schools. Additionally, follow-up sessions to share feedback and implementation strategies were also recommended as improvements for future projects.

Feedback given on the Nurture Assistant Training Workshop and Project Soothe highlighted the need for more evidence-based research and accessible projects that can reach a larger number of young people. The feedback emphasized the importance of supporting mental health among the youth.