

# Project eARTh evaluation summary 2020-23

94%

- 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)

60%

- sessions where *a//* participants who completed a feedback form said they felt better afterwards.

*I'm so much better than I was, but it still means an awful lot to me to be able to come here. If Project eARTh stopped, I definitely wouldn't feel as well as I do now. It really, really helps.*

*I was in a really bad way. Joining the project gives me something to look forward to, something I enjoy, people I can talk to. I'm feeling very much more like I belong.*

*...it taught me a few things about myself. I realised I could do something I didn't think I could, which was good...*

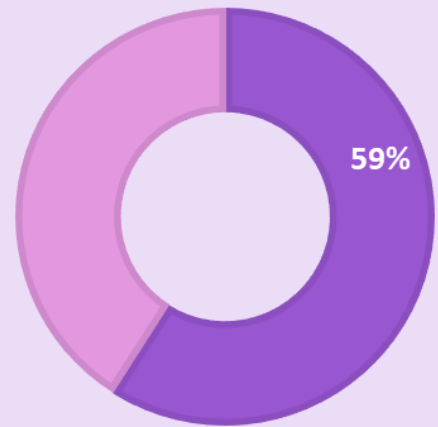
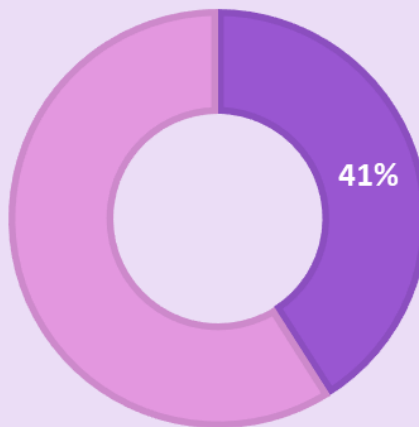
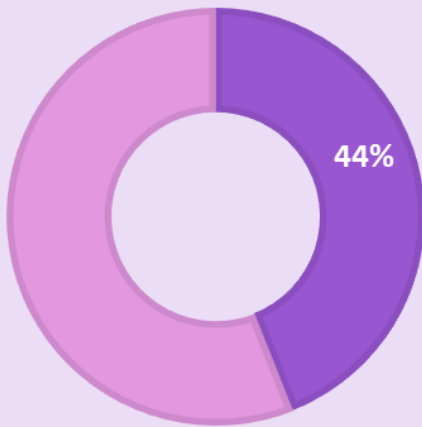
*I was very isolated, but through Project eARTh, I've made friends and they've extended beyond project, which is really good.*

% of participants with a higher 'score' after attending Project eARTh for 6 months (n=34)

MAKING CONNECTIONS

CONFIDENCE & RESILIENCE

WELLBEING

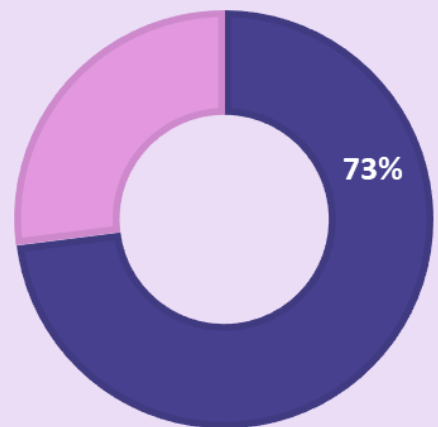
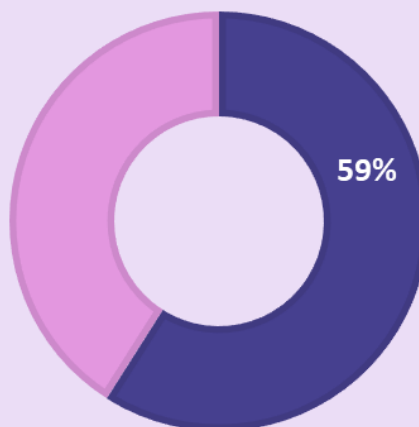
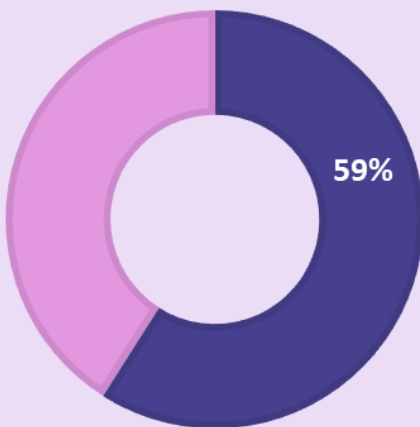


% of participants with a higher 'score' after attending Project eARTh for 18 months (n=33)

MAKING CONNECTIONS

CONFIDENCE & RESILIENCE

WELLBEING



*The projects give me a purpose, a way of doing something for someone else. A connection to the outside world.*

*My confidence has really increased since I started coming to Project eARTh and it has made me socialise in the way that I used to do.*

*I like making things for the community and it feels really nice to all work on a project and then give it to somebody.*