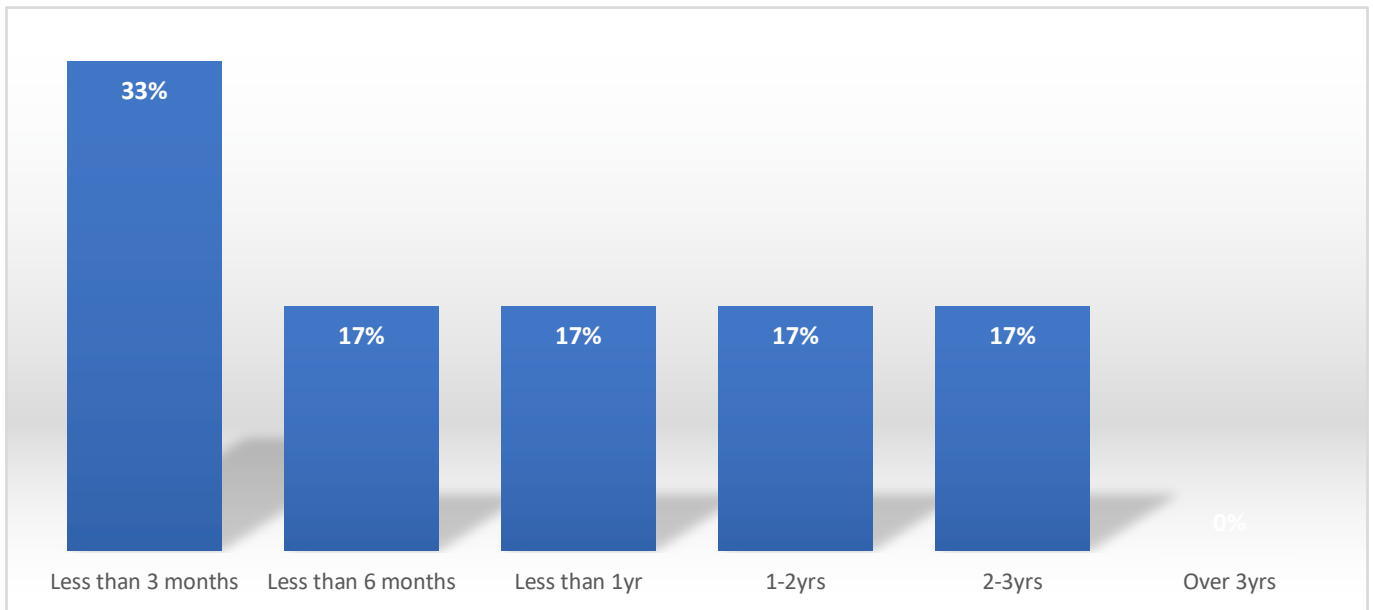


New Note Strummers Feedback 2017

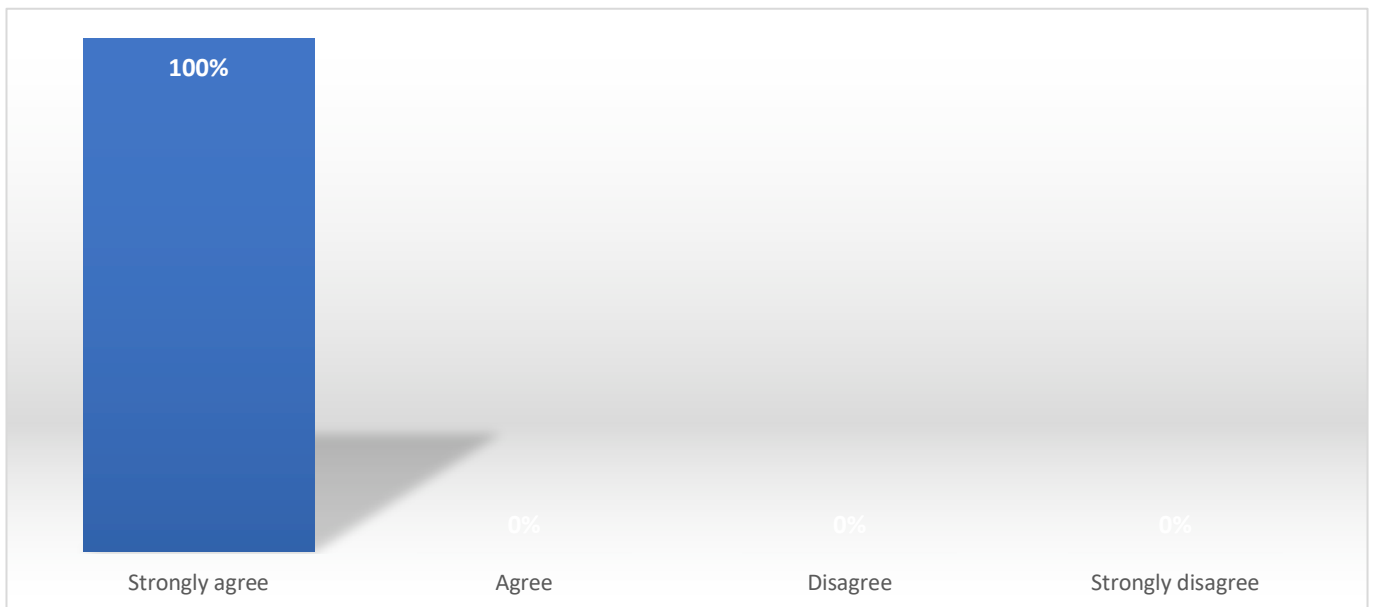
Question 1

When you joined New Note Strummers how long had you been in recovery?



Question 2

Attending strummers has helped with my recovery

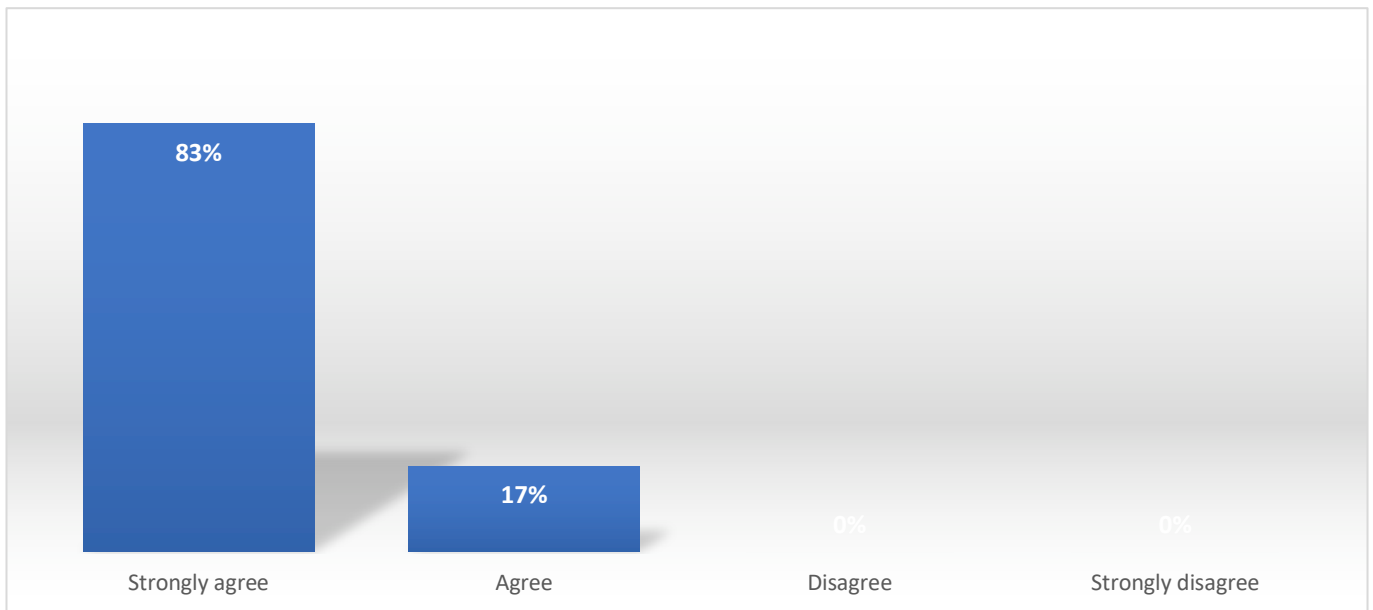


Comments

All responses spoke of the benefits the group has had on their recovery such as having a regular date in the diary... *“something positive to look forward to”*, the power of music to ‘transcend’ everyday life and having something to ground them when they struggle with their mental health and addictions. The other standout theme was how much people enjoyed the group, mentioning *“helpful and understanding”* facilitators and the ability to meet ‘wonderful new people’.

Question 3

Attending strummers has had a positive impact on my mental health

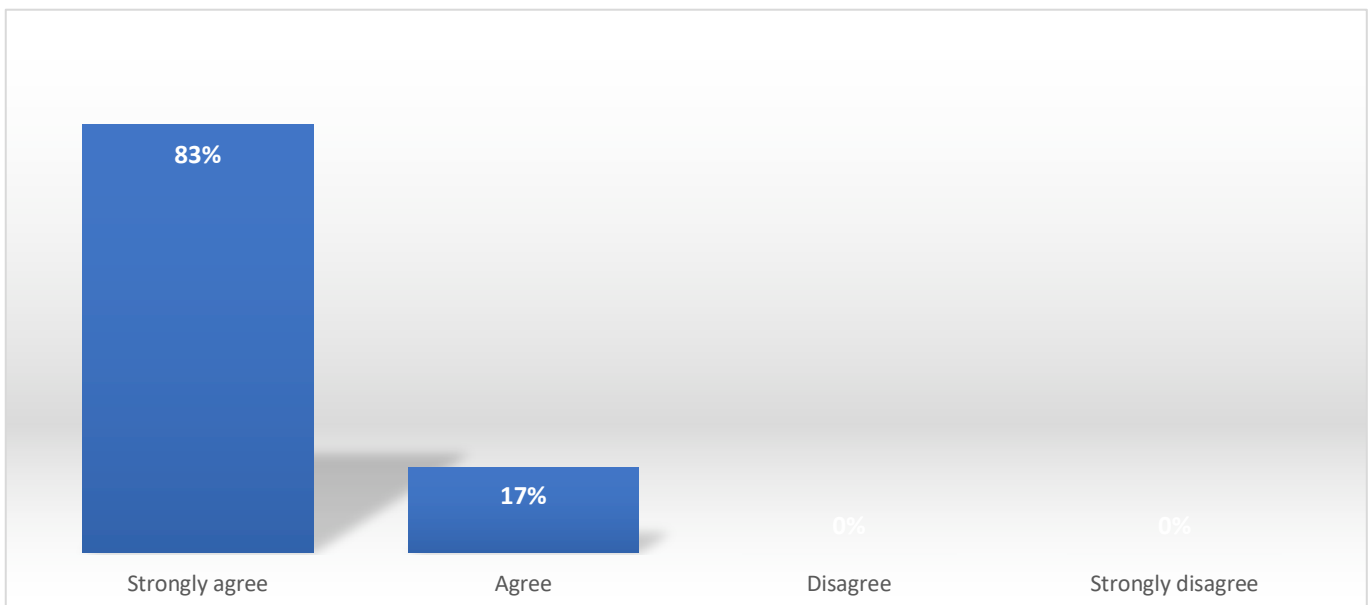


Comments

People responding to the questionnaire said that they felt 'more calm and relaxed' and said the group helped them stay 'mentally active'. Many spoke of how the group can help as a part of a package of wider support of therapy and practical support such as help with housing. Some felt they could recover faster by being involved in a musical group and it could also help with 'other illnesses' as well as mental wellbeing.

Question 4

Attending strummers has had a positive impact on my physical health

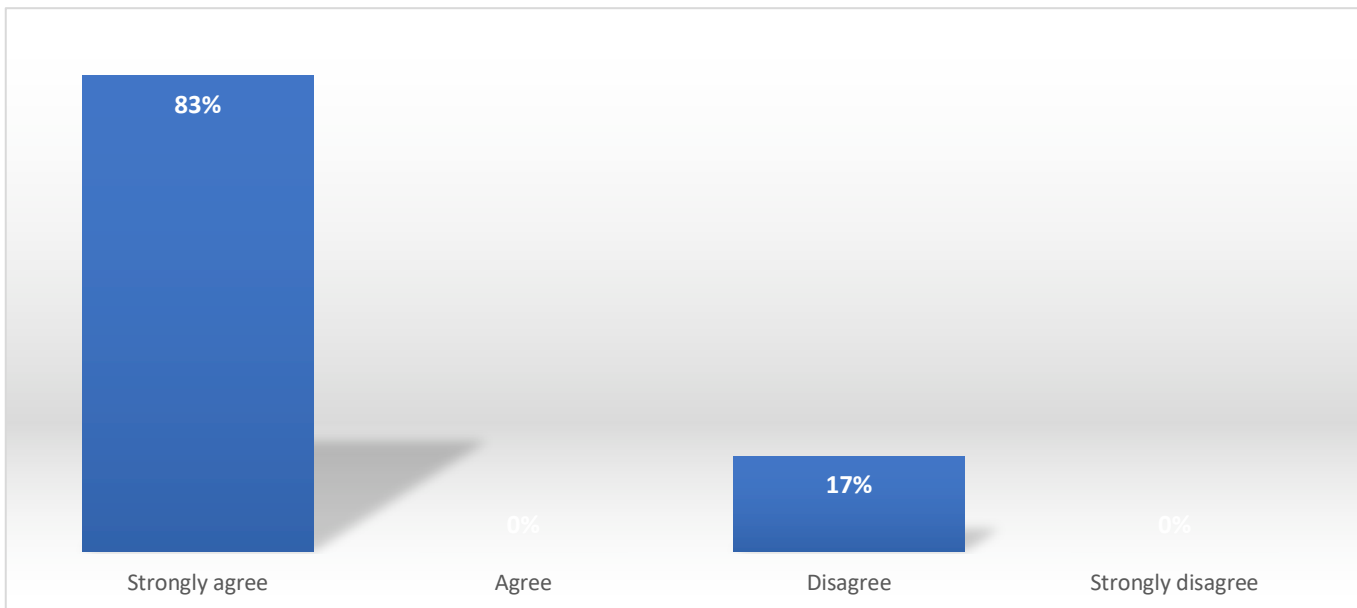


Comments

Some people felt they had noticed a physical change in their bodies since joining the group such as increased strength and weight loss. Some noticed an improvement in their general wellbeing and some said the physical act of turning up to the group and playing an instrument had improved their physical health... *"I have to ride miles on my bike to get here"*.

Question 5

Since attending strummers I have formed new friendships and made connections

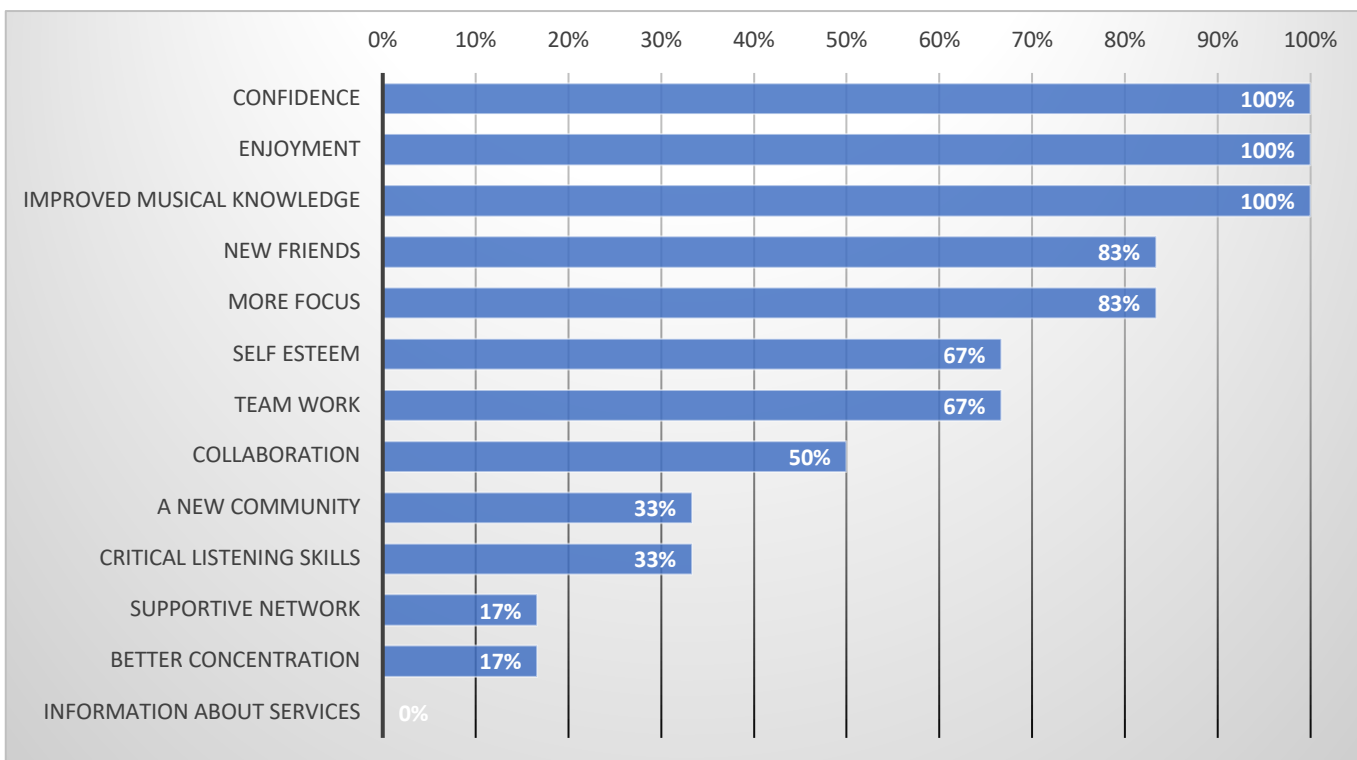


Comments

Replies to this question were more tentative with replies such as “still early days” and “[it’s] ...hard to make friends”. There was general agreement that others attending the group were friendly and encouraging, and that it was... “nice to meet fellow people in recovery”.

Question 6

What have you gained since playing with strummers?



% of replies circling each statement

Question 7

Can you explain how the above skills have improved other areas of your life?

Comments

Most replies spoke of focus; having something positive to focus on, a focus to look forward to, or being unable to focus before joining the group. The second largest theme was learning and musicality such as improved guitar playing skills, increased knowledge of 'musical tools', and also an increase in the enjoyment of music itself. There were also comments regarding the significance of the group in preventing relapse and as a coping mechanism when facing 'unhelpful environments'.

Question 8

We would love to hear about any other feedback you have about the strummers group

Comments

- General positive comments: *"it's a wonderful group", "love it", "very good group"*
- Connecting with people: *"[it] ...is a community", "welcoming", "[they] ...make people feel at ease"*
- Impact on recovery: *"supports people", "supports people to stay clean", "profound impact it's had on my life"*
- Practical suggestions: 'improve advertising to therapy groups and health workers', 'request donations', 'I would like to give back and help the group too'.