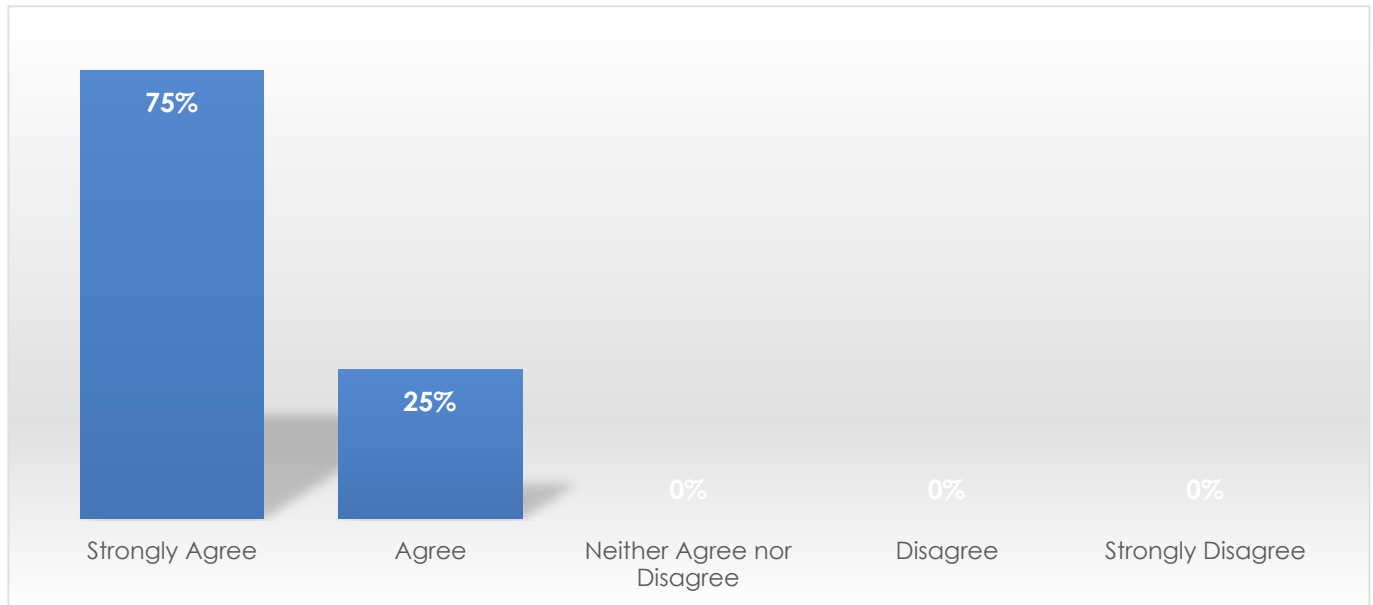


# New Note Strummers Feedback 2018

## Question 1

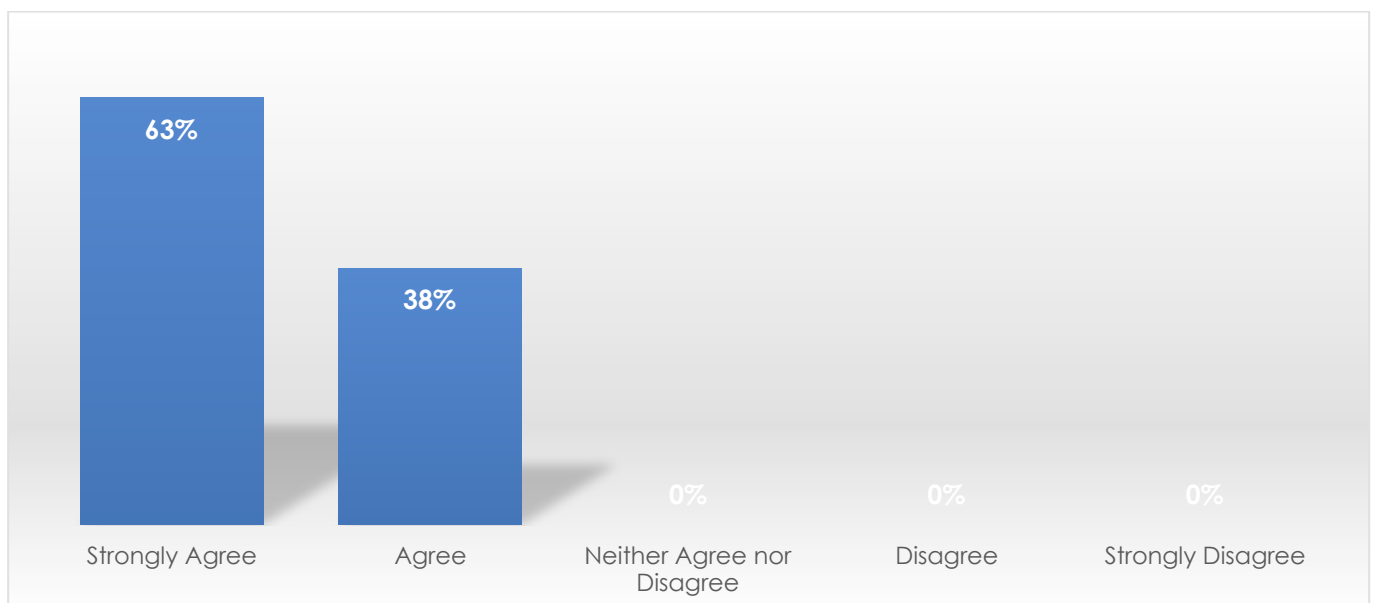
Attending Strummer sessions has helped to strengthen my recovery



- New social circle of people in recovery.
- It is a weekly tag with my sober cousins that reminds me to keep control of my addiction.
- I had never found traditional group recovery easy, but with Strummers I enjoy learning a new skill.
- Got me learning a new skill – use strumming to help with mindfulness meditation.
- I've developed my confidence. I'm learning about mics.
- I have met really good positive people and it's helped my playing.
- Common interest and common thing in common experience. Safe space.

## Question 2

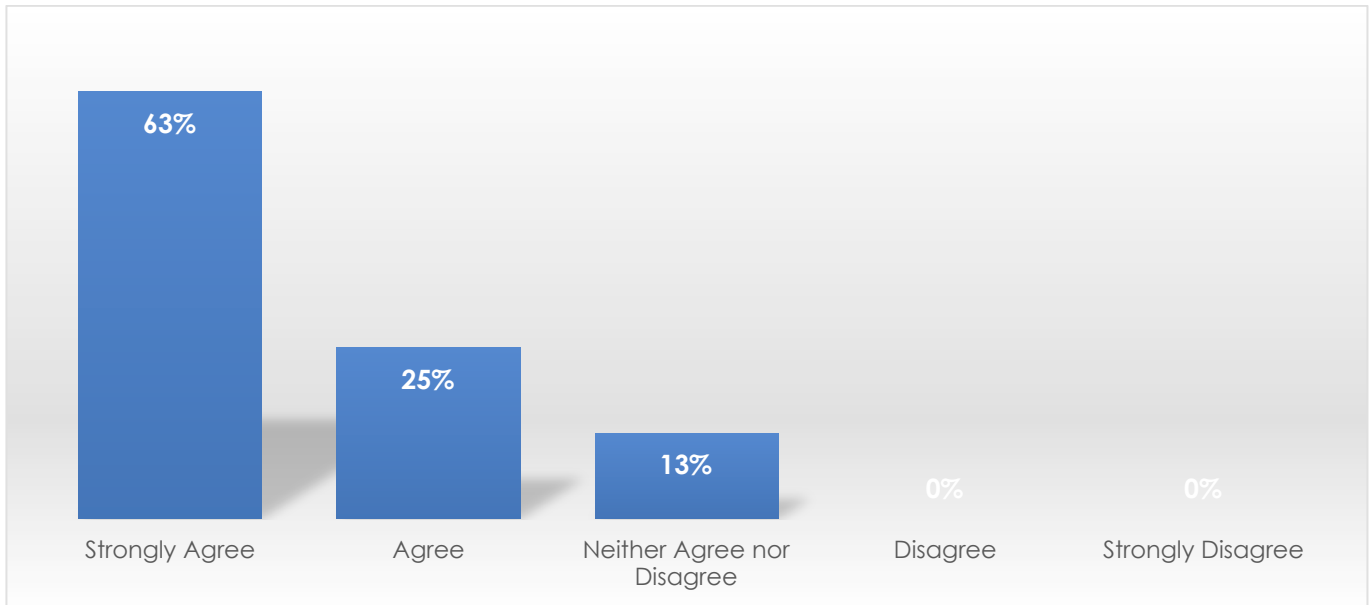
My mental health has improved since attending Strummers



- Feeling of belonging rather than isolation.
- I no longer live in a constant depression and find it easier to smile.
- I feel more confident and happier since learning guitar.
- Help with meditative strumming exercises and in general helped.
- I feel valued.
- New study place to go – routine is good – stabilises my mood and habits so my depression doesn't come back.

### Question 3

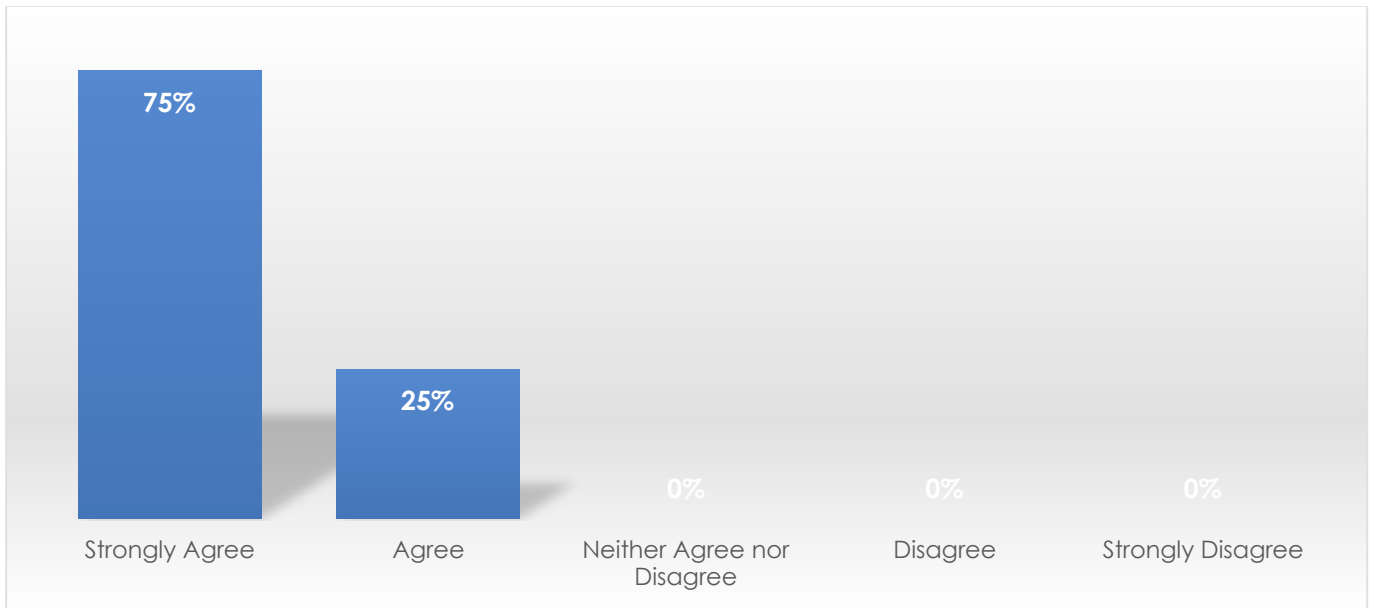
I'm more in control of my recovery since attending Strummers



- Gives me some more [control].
- My life is now on an even keel and my work ethic is no longer suffering.
- This is true, learning this new musical skill is an important part of my recovery.
- Helped me get out of a rut and gives me something to focus on and work on.
- Has added to things I value and feel proud to be part of.
- Something to come to – regular creativity.

## Question 4

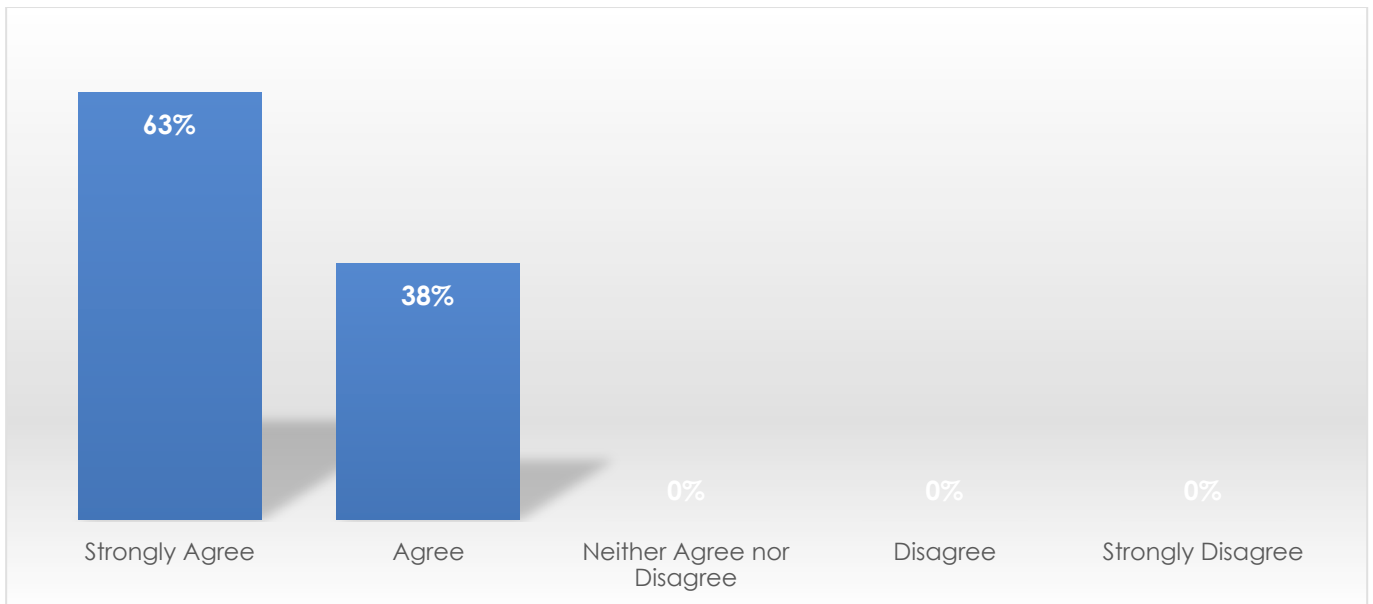
Performing as part of Strummers helps me feel more positive about myself



- Yes, more self-confidence.
- After every session I am 'walking on air' and anything seems possible.
- Applause is a wonderful thing.
- It's fun.

## Question 5

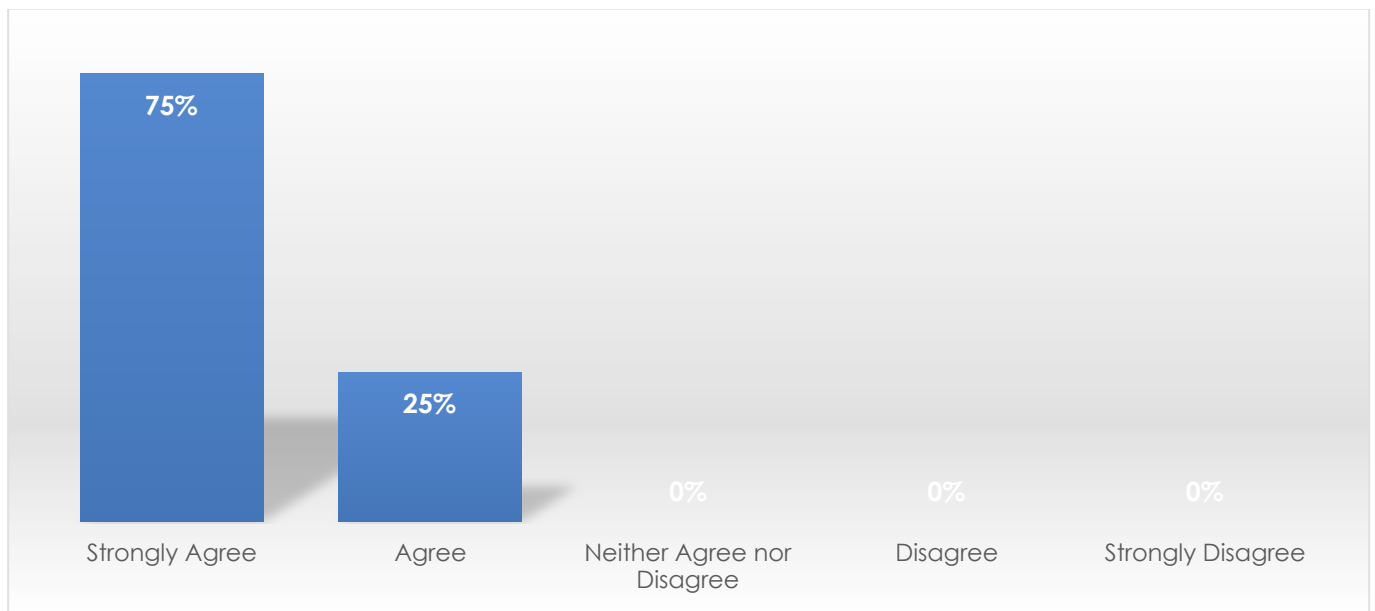
Since joining Strummers I feel more positive about my future



- Yes, life is better in sobriety.
- The dreams and ambitions I had given up on are now back in full view.
- I am excited to explore more music.
- As part of other activities has given a more positive view of the future.
- I want to continue and wouldn't want to stop coming. I'm in it for the long term, lovely to be involved.

## Question 6

My musical ability has improved since joining Strummers



- Very helpful facilitators.
- I have learned so much from Jon and the other musicians that I no longer feel like a rookie.
- I feel my guitar playing has improved hugely.
- Slow but improving and learning.
- I am trying out new styles and songs I wouldn't have dared to before.

## Question 7

We would love to hear about any other feedback you have about Strummers

- Very good, would recommend to anyone in the recovery community.
- I love the fact that musicians of all abilities can join in the virtual 'camp fire' jam and forget about their troubles for a while.
- Music is an important part of addiction recovery.
- Overall a great group, friendly easy-going feel.
- Gives me another 'bright spot' on a weekday – something to work towards. I feel better afterwards – even up to doing some housework (yuk)!
- Molly is really helpful and organised. Doing a gig has really helped my self-confidence.
- I love coming here and everybody is lovely. When my life is devoid of anything positive and I think I went suicidal – to go from nothing and wanting to leave and coming here is lovely and positive. It's a big change in my life. Contrast is good for the soul.