

## Holistic Health Project Evaluation

### Holistic Therapy with heart

The process used to evaluate the Holistic Health Project was done by questionnaire; a set of questions which was sent to users and they were able to answer it anonymously.

We also asked volunteers involved with the project: 1) What motivates them to volunteer in the Project. 2) What they feel could be improved in the project.

The evaluation took place via post and on site at the Centre for Planetary Healing in Portobello. 19 project users out of 176 posted back their Evaluation form.

#### **What users said they gained from the Holistic Health Project:**

- 01) Increase in energy levels
- 02) Improves and supports health and wellbeing in general
- 03) Reduce and control stress levels
- 04) Feeling of empowerment, confident, self-believe, self esteem
- 05) Reduce/control pain in the body
- 06) Better mental health
- 07) Feeling healthier and ready to engage back into employment
- 08) Feeling stronger when supporting family/children
- 09) Helps with emotional issues and sleeping problems.

#### **Who are the users of the project:**

- 08% = Incapacity benefit
- 15% = Carer's allowance
- 15% = Job Seeker allowance
- 08% = Low income
- 23% = Senior Citizens
- 15% = Young people under 16 yrs old
- 15% = Minority Ethnic

## What are the users' age:

62% = Adults between 16yrs and 60s

15% = Children under 16yrs

23% = Senior Citizens

## Reasons for accessing the Holistic project:

Mental Health Issues = 38%

Stress Related = 23%

Unemployment = 23%

Trauma = 8%

Physical problems (pain) = 8%

Other reasons: "sleeping problems" = 8%

## VOLUNTEERS

*"I feel very motivated volunteering at the CFPH because of the values of the Charity. They work from the heart and this is the work I am drawn to. I feel valued and supported and I have a deep love for the Centre and the community."*

*"Bringing therapies within 'everyone's' reach is a great idea, and as a volunteer I am very happy serving and supporting the venture. "*

*"I am motivated to volunteer at the Centre by love. Love for the people, love for co-founders Claudia and Mark for their/our shared vision and dream, love for the work and love for our service users. I love the fact that we help so many people reconnect with healing and hope. Every week it is love that draws me back. I love being part of such a good and beautiful organisation."*

*My motivation for volunteering in the project is because I really respect and admire co-founders Mark and Claudia for their work and making the project possible. It is such a valuable and amazing resource."*

## Highlights from users:

“I think your project is excellent and the only way some people like me can access these therapies. I don't know what I would have done if I had not been able to see a therapist. She helped me heal a trauma that had affected me since my childhood. A heartfelt Thank you! “

“But something inside me has changed, I feel that I can more easily reach in and feel my 'self' and this 'self' feels more free and open – there is less darkness, less despair on quiet moments I think – it doesn't feel like an overnight thing – I've become aware of it slowly “

## **Further Action/Suggestions:**

- Clearly record changes in users at the beginning and end of the programme. Ask questions such as:  
What changes to you see in yourself as a result of accessing the Project?  
Record: At the start of the programme I was ...  
At the end of the programme I was ...
- Make links with social services and doctors surgery, try to bring in more referral from agencies.
- A representative of the project users could take part at the board of trustees meetings.
- A film could be made showing users who have gained from the project and it could be shown to Doctors and other health agencies for education purposes as well as to attract referrals and funds.
- The Holistic Health Project needs to show how it can fit within current government policy for health and well-being in order to attract more funds.
- Work could be done to emphasise a 'personal self help' programme that users can take from the health project.
  - e.g encourage them to do meditation, positive affirmation and visualisation to help them to create a stronger 'inner self'.
- The most important quality the project carries for success is:  
INTENTION AND MOTIVATION OF THE VOLUNTEERS  
“The intention and motivation of the people involved volunteering are paramount.”
- Develop a clear exit strategy. It is not very clear for users for how long they can use the project for. They feel that the project is special to them and some do not want to leave the project.
- Create a telephone/mobile/email database of users in order to update them regularly of changes and new additions to the project.