

EVALUATION OF THE
SPRINGBOARD WOMENS DEVELOPMENT PROGRAMME
DELIVERED AT THE RIVERSIDE COMMUNITY HEALTH PROJECT
APRIL – JULY 2009

6 SESSIONS;

SESSION 1 - 29TH APRIL

SESSION 2 - 13TH MAY

SESSION 3 - 27TH MAY

All Sessions were 9.30am to 2.30pm

SESSION 4 - 10TH JUNE

SESSION 5 - 24TH JUNE

SESSION 6 - 8TH JULY



Each week participants completed an evaluation form – copies of which were given to the project. At the end of the course participants were asked the following evaluation questions and their responses are typed up below;

What have you gained from this course ?

- I now choose to do things rather than have them forced on me
- More confident / more assertive / more organised
- Confidence – I was able to do a presentation on another course
- A little bit of confidence
- More confidence to change my behaviour and habits
- Opportunity to work and spend time with other women
- Greater awareness of my strengths and weakness
- To say no and mean it + confidence (4 women said this)
- Better understanding of people's values and beliefs
- Self confidence/ assertiveness/ self achievement
- Been able to go and get a job

What were the best things about this course ?

- Talking with other people about my problems
- Working with new people
- I enjoyed all of it
- Aware of self respect and self needs
- Group work
- Guest speakers / study sessions
- Gaining more knowledge and how to work towards your goals
- Small groupwork
- Work book / Wednesdays/ others experiences and support
- Enjoyed it all – don't want it to finish – thank you Sue

What will you do differently because of this course ?

- Carry on being assertive and don't let people talk me into things I don't want to do
- Stay focussed
- Pre plan everything / have more me time / reward myself often
- I am more talkative, not as shy with new people
- Speak up when situations arise / determine to work for a better solution
- Make more me time / be more assertive not aggressive
- Say no more
- Go back to Uni or college

Any improvements ?

- Run it every week!
- Better training room – too noisy and people walking through sometimes
- Having it on another day and finish at 3pm
- Different seats

What would you like more of ?

- More assertiveness training
- More women only training / courses
- More guest speakers
- Small group work/ more time for reflection with other women
- Learning opportunities
- More time to do the course and over a longer time!

Comments from Sue Wild – the facilitator of the course.

The course was really positively received – which is reflected in the evaluations from each workshop, from verbal comments from participants and staff and from these final evaluations as above.

The staff commented on how some group members were now able to speak with confidence in front of the whole group. One person did a presentation (which she delivered on another course), one person got a job and two participants enrolled onto a community development programme (and have now passed this) – none of which they felt would have happened without this Springboard course.

Huge thanks to the staff at the Riverside for all the work and time that they contributed to this course which included recruitment, co-ordination, administration, providing the venue, catering and crèche facility. Special thanks to Bren Riley – who was my contact person at the Riverside, who also participated in the course and supported the women (and me!) throughout.

Support for participants – 2 members of staff participated in the programme. It was excellent to have them involved in this way, as they already knew the women and could 'pick up' on issues raised between workshops. Additional sessions of circa an hour and a half were also offered by the Riverside for the women to 'drop into' – which were on the weeks between Springboard sessions. These were used for support, 'revision' and progressing the activities in their workbooks.

With thanks to all involved for a very positive and successful experience.