

DEMOGRAPHICS**19**STUDENTS
SUPPORTEDWITH **YOUR** HELP!**1**VENUE
SUPPORTEDPRE-HAFHOW DID THE STUDENTS FEEL ABOUT
JOINING THE RELEASE PROGRAMME?

GOOD

IT IS ENJOYABLE

100%HAD DANCED
BEFORE**100%**ENJOY
SINGING**100%**REPORTED THEY HAD WRITTEN A SONG
OR POEM BEFORE JOINING RELEASE**0%**HAD A SOCIAL
MEDIA PROFILE**100%**HAD FELT
UNSAFE ONLINEPOST-HAF**100%**
ENJOYED THE
PROGRAMMETHEY ENJOYED
EVERYTHING!
"THIS IS THE MOST FUN I'VE
HAD OUTSIDE OF HOME!"**100%**SAID THEY WILL CARRY ON DANCING AND
SINGING FOLLOWING THE PROGRAMME**100%**REPORTED THAT THE PROGRAMME HELPED
THEM TO WRITE DOWN THEIR FEELINGS AND
EMOTIONSTHE STUDENTS LEARNED ABOUT ONLINE
SAFETY...

NOT TALKING TO STRANGERS.

THE STUDENTS LEARNED A LOT ABOUT
THEMSELVES...

NOT TO BE SHY ABOUT SINGING

THE STUDENTS LEARNED ABOUT
AFFIRMATIONS...123 AT THE FREEDOM FACTORY I'LL BE WHO I
CAN BE

CASE STUDY - CHILD

- 2 STUDENTS COMPLETED CASE STUDIES
- AVERAGING 10 YEARS OLD
- 100% REPORTED HAF HAS INCREASED THEIR CONFIDENCE
- 100% REPORTED HAF HAS HELPED WITH WRITING ABOUT THEIR FEELINGS AND EMOTIONS

WHAT DID THEY ENJOY MOST ABOUT HAF?

EVERYTHING

IT IS ENJOYABLE

WHAT HAS HAF HELPED THEM WITH MOST?

MY CONFIDENCE

LEARNING TO DANCE

NOT BEING SHY WITH SINGING

PARENT/GUARDIAN FEEDBACK - 8 COMPLETED QUESTIONNAIRES

- 100% RATED A 4 OR 5 (OUT OF 5) WHEN ASKED 'HOW MUCH DID YOUR CHILD ENJOY HAF?'
- 100% REPORTED THE RELEASE PROGRAMME HAS HELPED THEIR CHILD TO DEVELOP NEW SKILLS AND ABILITIES
- 100% REPORTED A DIFFERENCE IN THEIR CHILD FOLLOWING HAF
- 100% RATED THE VENUE TO BE 'VERY GOOD' OR 'GOOD'
- 100% WOULD RECOMMEND THE RELEASE PROGRAMME

"KEEP UP THE GREAT WORK!"

"THEY WERE SO MUCH HAPPIER THOSE DAYS THAN REGULAR"

"THEY ARE MORE CONFIDENT AND OUTGOING"

"THEY WERE UNSURE ABOUT GOING BUT ENJOYED

"THEY ARE MUCH MORE CONFIDENT IN THEIR ABILITIES TO DANCE"

IT THAT MUCH THEY HAVE ASKED TO FIND MORE GROUPS LIKE IT"

"THANK YOU, THEY HAD AN AMAZING TIME"

ONLY 1 OUT OF THE 8 ADULTS KNEW ABOUT FREEDOM FOUNDATION PRIOR TO BOOKING ONTO THE PROGRAMME!

FACILITATOR FEEDBACK - 4 COMPLETED QUESTIONNAIRES

- 100% SAID 'I LOVED IT, IT WAS WONDERFUL AND I CAN'T WAIT TO DO IT AGAIN' OR 'IT WAS GOOD AND I ENJOYED IT' WHEN ASKED ABOUT THEIR EXPERIENCE WHEN DELIVERING HAF
- 100% SAID THE RESOURCES PROVIDED SUPPORTED THEIR ROLE

HOW DID YOU FIND LEARNING AND DELIVERING THE PROGRAMME CONTENT?

ABSOLUTELY LOVED IT, JOSH (ANOTHER FACILITATOR) IS SO CREATIVE AND BRINGS SO MANY INNOVATIVE IDEAS THAT TAUGHT THE STUDENTS ABOUT HOW IMPORTANT SELF-ESTEEM IS - OPENING UP INTERESTING CONVERSATIONS WITH THE STUDENTS ABOUT THEIR EMOTIONS AND THE JOY OF DANCE AND SONGWRITING!

REALLY ENJOYABLE

IT WAS FUN AND ORGANISED AND I FOUND THE PROCESS ENJOYABLE

IT WAS TOUGH AT FIRST BUT THE TEAM WAS GREAT AND VERY HELPFUL - DELIVERING THE PROGRAMME HAS ITS UPS AND DOWNS BUT IT WAS ALWAYS A GOOD CHALLENGE

DEMOGRAPHICS

8

STUDENTS
SUPPORTEDWITH **YOUR** HELP!

2

VENUES
SUPPORTEDPRE-HAF

2 STUDENTS RESPONDED TO THE QUESTIONS, THEREFORE THE PERCENTAGES ARE CALCULATED FROM THESE TWO RESPONSES

HOW DID THE STUDENTS FEEL ABOUT JOINING THE RELEASE PROGRAMME?

YES, LOOKING FORWARD TO IT

GOOD, FIRST TIME HERE

LOOKING FORWARD TO RECORDING A SONG IN A STUDIO

50%

HAD DANCED
BEFORE

100%

ENJOY
SINGING

100%

REPORTED THEY HAD WRITTEN A SONG
OR POEM BEFORE JOINING RELEASE

50%

HAD A SOCIAL
MEDIA PROFILE

50%

HAD FELT
UNSAFE ONLINE

POST-HAF - NO STUDENTS RESPONDED TO THE POST-EVALUATION SUMMARY

ADDITIONAL NOTES FROM FACILITATOR

- 1) THIS PROJECT IS IMPORTANT TO THESE LEARNERS AS IT GIVES THEM FOCUS AND DIRECTION IN SOMETHING THEY LOVE DOING
- 2) LEARNERS DO NOT LIKE DISCLOSING INFORMATION ABOUT THEMSELVES BUT WILL DISCLOSE SOME INFORMATION WITHIN THEIR SONGS SOMETIMES WITHOUT REALISING
- 3) THEY HAVE GOT OUT OF IT A POSITIVE USE OF THEIR TIME, THEY HAVE EITHER PARTLY LEARNED HOW TO MAKE A BEAT OR IMPROVE ON CURRENT KNOWLEDGE - ALSO TO PERFORM IN A STUDIO WITH IDOLS OR RECOGNISED ENGINEERS
- 4) THE STUDENTS WOULD BE EITHER IN BED OR ON THEIR XBOX/PS5 OR GETTING READY TO GO ON THE ROADS WHERE THEY COULD GET UP TO WHATEVER
- 5) WITHOUT PROVISION, THEY WOULD HAVE TO LEARN AND STUDY A DIVERSE RANGE OF INFORMATION BY THEMSELVES WITHOUT ANY GUIDANCE FROM TEACHER/STAFF

CASE STUDY - CHILD

- 1 STUDENT COMPLETED A CASE STUDY
- AGE: 15 YEARS OLD
- THEY REPORTED THAT HAF HAS INCREASED THEIR CONFIDENCE
- THEY REPORTED THAT HAF HAS HELPED WITH WRITING ABOUT THEIR FEELINGS AND EMOTIONS

WHAT DID THEY ENJOY MOST ABOUT HAF?

I HAVE ENJOYED THIS PROGRAMME BECAUSE IT HAS ALLOWED ME TO EXPRESS MYSELF WITH SONGWRITING. IT ALLOWS ME TO FOCUS AND PULL MYSELF AWAY.

WHAT HAS HAF HELPED THEM WITH MOST?

FOCUS

WRITING

CASE STUDY - ADULT

- 2 ADULTS COMPLETED CASE STUDIES
- 100% HAVE SEEN CHANGES WITH THEIR CHILD FOLLOWING HAF
- 100% REPORTED AN INCREASE IN THEIR CHILD'S CONFIDENCE
- 100% WOULD LIKE TO SEE THIS SUPPORT FOR THEIR FAMILY IN THE FUTURE

WHAT HAS YOUR CHILD ENJOYED MOST?

THE WRITING OF HIS MUSIC WRITING HIS LYRICS

THEY ARE TOTALLY FOCUSED ON THIS TASK

WHAT HAS YOUR CHILD LEARNED FROM HAF?

HAS LEARNT TO MAKE BEATS

THEY HAVE LEARNT HOW TO STATE HOW THEY ARE FEELING BEFORE AND AFTER THEY HAVE DONE SOMETHING

THEY HAVE MORE OF AN UNDERSTANDING OF HOW TO CREATE A BEAT

PARENT/GUARDIAN FEEDBACK - 8 COMPLETED QUESTIONNAIRES

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- 100% REPORTED A DIFFERENCE IN THEIR CHILD FOLLOWING HAF
- 100% RATED THE VENUE TO BE 'VERY GOOD' OR 'GOOD'
- 100% WOULD RECOMMEND THE RELEASE PROGRAMME

"KEEP UP THE GREAT WORK!"

"THEY ARE MORE CONFIDENT AND OUTGOING"

"THEY ARE MUCH MORE CONFIDENT IN THEIR ABILITIES TO DANCE"

"THANK YOU, THEY HAD AN AMAZING TIME"

"THEY WERE SO MUCH HAPPIER THOSE DAYS THAN REGULAR"

"THEY WERE UNSURE ABOUT GOING BUT ENJOYED IT THAT MUCH THEY HAVE ASKED TO FIND MORE GROUPS LIKE IT"

ONLY 1 OUT OF THE 8 ADULTS KNEW ABOUT FREEDOM FOUNDATION PRIOR TO BOOKING ONTO THE PROGRAMME!

FACILITATOR FEEDBACK - 4 COMPLETED QUESTIONNAIRES

- 100% SAID 'I LOVED IT, IT WAS WONDERFUL AND I CAN'T WAIT TO DO IT AGAIN' OR 'IT WAS GOOD AND I ENJOYED IT' WHEN ASKED ABOUT THEIR EXPERIENCE WHEN DELIVERING HAF
- 100% SAID THE RESOURCES PROVIDED SUPPORTED THEIR ROLE

HOW DID YOU FIND LEARNING AND DELIVERING THE PROGRAMME CONTENT?

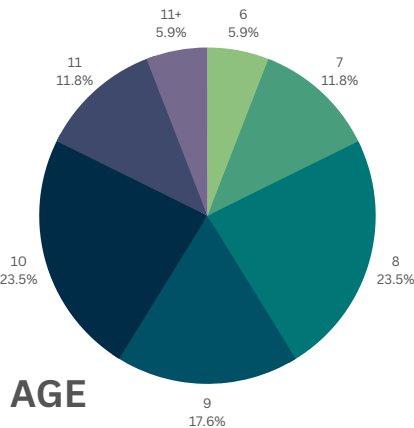
ABSOLUTELY LOVED IT, JOSH (ANOTHER FACILITATOR) IS SO CREATIVE AND BRINGS SO MANY INNOVATIVE IDEAS THAT TAUGHT THE STUDENTS ABOUT HOW IMPORTANT SELF-ESTEEM IS - OPENING UP INTERESTING CONVERSATIONS WITH THE STUDENTS ABOUT THEIR EMOTIONS AND THE JOY OF DANCE AND SONGWRITING!

REALLY ENJOYABLE

IT WAS FUN AND ORGANISED AND I FOUND THE PROCESS ENJOYABLE

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DEMOGRAPHICS



AGE

17
STUDENTS
SUPPORTED

2
VENUES
SUPPORTED

PRE-HAF

HOW DID THE STUDENTS FEEL ABOUT JOINING THE RELEASE PROGRAMME?

EXCITED ENERGETIC HAPPY
NERVOUS SHY AMAZING

82.4%

HAD DANCED BEFORE

29.4%

ENJOY SINGING

47.1%

REPORTED THEY HAD WRITTEN A SONG OR POEM BEFORE JOINING RELEASE

64.7%

HAD A SOCIAL MEDIA PROFILE

23.5%

HAD FELT UNSAFE ONLINE

POST-HAF

100%

ENJOYED THE PROGRAMME

THEY ENJOYED MAKING NEW FRIENDS, THE FOOD, DANCING, AND SINGING THE MOST

80%

SAID THEY WILL CARRY ON DANCING AND SINGING FOLLOWING THE PROGRAMME

70%

REPORTED THAT THE PROGRAMME HELPED THEM TO WRITE DOWN THEIR FEELINGS AND EMOTIONS

THE STUDENTS LEARNED ABOUT ONLINE SAFETY...

"NOT TALKING TO STRANGERS. ALWAYS BE KIND TO PEOPLE. IF SOMEONE IS BEING MEAN OR ANNOYING BLOCK THEM. DON'T SHARE PERSONAL INFORMATION. PRIVATE ACCOUNT. DELETE, REPORT, OR TELL A TRUSTED ADULT."

THE STUDENTS LEARNED A LOT ABOUT THEMSELVES...

I AM KIND I HAVE LEARNT I CAN HAVE FUN AND BE CONFIDENT
I AM A GOOD FRIEND I CAN PERFORM TO PEOPLE
I AM A GOOD SINGER AND DANCER

THE STUDENTS LEARNED ABOUT AFFIRMATIONS...

I AM AMAZING I AM STRONG
I AM KIND
MY JOURNEY TO THE TOP WILL NOT TAKE LONG

CASE STUDY - CHILD

- 4 STUDENTS COMPLETED CASE STUDIES
- AVERAGING 8 YEARS OLD
- 75% REPORTED HAF HAS INCREASED THEIR CONFIDENCE
- 75% REPORTED HAF HAS HELPED WITH WRITING ABOUT THEIR FEELINGS AND EMOTIONS

WHAT DID THEY ENJOY MOST ABOUT

MAKING FRIENDS HAF? GAMES
DANCING FOOD SINGING
BEING ABLE TO BE MYSELF

WHAT HAS HAF HELPED THEM WITH MOST?

TO BECOME MORE CONFIDENT

I HAVE STOPPED BEING BORED AT HOME

CASE STUDY - ADULT

- 4 ADULTS COMPLETED CASE STUDIES
- 75% HAVE SEEN CHANGES WITH THEIR CHILD FOLLOWING HAF
- 75% REPORTED AN INCREASE IN THEIR CHILD'S CONFIDENCE
- 100% WOULD LIKE TO SEE THIS SUPPORT FOR THEIR FAMILY IN THE FUTURE

WHAT HAS YOUR CHILD ENJOYED MOST?

SINGING BEING WITH OTHER CHILDREN DANCING
MEETING NEW PEOPLE - MAKING FRIENDS

WHAT HAS YOUR CHILD LEARNED FROM HAF?

BUILDING POSITIVE RELATIONSHIPS CONFIDENCE
TO TAKE PART IN A GROUP ACTIVITY
TO PERFORM IN FRONT OF AN AUDIENCE
HOW TO DANCE, SING, AND WRITE MUSIC

PARENT/GUARDIAN FEEDBACK - 8 COMPLETED QUESTIONNAIRES

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"THEY WERE UNSURE ABOUT GOING BUT ENJOYED IT THAT MUCH THEY HAVE ASKED TO FIND MORE GROUPS LIKE IT"

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DEMOGRAPHICS**39**STUDENTS
SUPPORTEDWITH **YOUR** HELP!**2**VENUES
SUPPORTEDPRE-HAFHOW DID THE STUDENTS FEEL ABOUT
JOINING THE RELEASE PROGRAMME?EXCITED WORRIED HAPPY
NERVOUS**91.2%**HAD DANCED
BEFORE**73.5%**ENJOY
SINGING**52.9%**REPORTED THEY HAD WRITTEN A SONG
OR POEM BEFORE JOINING RELEASE**79.4%**HAD A SOCIAL
MEDIA PROFILE**44.1%**HAD FELT
UNSAFE ONLINEPOST-HAF**100%**ENJOYED THE
PROGRAMMETHEY ENJOYED THE
DANCING, SINGING
AND DISCUSSION
THE MOST**90.9%**SAID THEY WILL CARRY ON DANCING AND
SINGING FOLLOWING THE PROGRAMME**100%**REPORTED THAT THE PROGRAMME HELPED
THEM TO WRITE DOWN THEIR FEELINGS AND
EMOTIONSTHE STUDENTS LEARNED ABOUT
ONLINE SAFETY...PEOPLE CAN SCAM YOU. THERE ARE TROLLS.
REPORT WRONGDOING.THE STUDENTS LEARNED A LOT ABOUT
THEMSELVES...I LEARNED THAT PERFORMING
ARTS IS FUNTHE STUDENTS LEARNED ABOUT
AFFIRMATIONS...

I AM AMAZING

I AM STRONG

MY JOURNEY TO THE TOP
WILL NOT TAKE LONG

