

# BowHaven Impact Data Survey

Thank you for participating in the BowHaven Impact Data Survey.

By taking the time to answer these five questions, you will enable us to gain vital feedback as to how well the service is meeting your mental health needs.

	YES	NO
Since attending BowHaven I feel less lonely.	98%	2%
Since attending BowHaven I feel happier.	98%	2%
Since attending BowHaven I feel less stressed.	96%	4%
Since attending BowHaven I feel more confident.	96%	4%
Since attending BowHaven I feel more supported in dealing with difficult situations.	98%	2%

If you would like to leave any other comments or feedback please let us know below:

Comments included :-

- Attending the Cool to Believe group at BowHaven is a highlight of my week and motivates me for the rest of the week.
- Since I have been coming to BowHaven my anxiety has improved so much.

- If it weren't for BowHaven I would be lost and alone. I am so grateful.
- I am developing a deeper understanding of psychosis. BowHaven is a necessary and well appreciated centre.
- BowHaven is a non-judgemental, safe and supportive space. So many of us rely on it for comfort and support. Also, for the majority of us it is the only place to meet like-minded people going through similar difficulties and mental health issues.
- I feel that BowHaven is a safe and secure place to discuss my issues and problems in a confidential manner with people that understand where I am coming from, and I am not paranoid about being gossiped about.
- Love everything about BowHaven. Staff very helpful. Feel safe when here. Have been well since going.
- BowHaven is family that I do not have. They help me when I need help. Please keep this centre open, because I will have nowhere to go otherwise, only my appointments.
- Since coming here I've been better and have made new friends.
- I have felt very supported coming to BowHaven and feel safe to be myself.
- This is a good place for my mental health. It is like family. Easy to talk to other members. Enjoy the outings and activities. Don't know what I would do without this place.
- Confidence has not been an issue for me, but in general BowHaven has been an absolute God send, the help it's given me is immeasurable.
- BowHaven has been a lot of support for my mental health.
- This place has stopped me from going into hospital. Before went to hospital 2-3 times a year for my mental health. Stopped me from going into hospital for the last 7 years. Feel very safe here.
- I don't know what I would do without BowHaven. I feel at home here. I would have nothing to look forward to without it. It is the only place that people understand my mental health.

- BowHaven is a fabulous place. The people are very good here and the staff are great as well. I feel very supported here.
- BowHaven has helped me come out of the house, meet new people and am able to do activities. Enjoy art and outings when possible. I feel I am supported when I am feeling low.
- Since coming to BowHaven it helped with my mood and stopped me from being so lonely, and the staff are very good and understand.
- Staff are just so great with support, always been there for everyone, anytime, any situations however big, however small.
- Friendly atmosphere, great vibes and positive energy within BowHaven, Anyone who comes through the BowHaven doors feels the magic of BowHaven and how it is structured has an emotional healing effect on its members.
- I would be completely lost without BowHaven, it is the only time I speak to other people.
- Someone needs to stand up for mental health. BowHaven does this. They are there for me emotionally, care, worry and go above and beyond their duties. I would be lost without it, and it is somewhere I can go and be myself and not feel judged.
- I feel I have made friends. I love and look forward to going.
- I am so happy attending. This helps my mental health.
- Since coming to BowHaven from 2016 I have been confident enough to come off my medication.
- Staff always have time for you.
- Since coming to BowHaven I am more confident.
- Through going to BowHaven I have met other women in similar situations to myself.
- BowHaven has changed the way I live, as I live alone, I meet people every time I come, staff are fantastic.
- I love BowHaven. I have been here for 4 years.

- BowHaven is a life saving service.
- BowHaven is full of supportive and understanding people, who really help one another through the groups provided by them.
- I love the centre, I have made many friends. This fills up my time. I enjoy the art class. Staff are funny and supportive. BowHaven is like my family.
- Nice, lovely people, have friends now, attending many groups which has helped my anxiety. I feel cared and looked after at BowHaven.
- I feel that in the short time I have been coming. I feel much more confident communicating with others. Staff are very friendly and helpful.
- I get a lot of support from BowHaven staff.
- Since I became a member at BowHaven it has built up my confidence and I appreciate all the support the staff give me at BowHaven.
- I feel more happy because BowHaven is a lovely, calm place where I can meet people.
- Good place to be when you are feeling under the weather.
- Thank you very much, more happier in this place and my friends there.
- The groups I attend are really supportive. I feel I can share how I'm feeling with other members who empathise and understand my worries. I have a reason to leave the house. The staff are also very approachable and willing to listen.
- Coming to BowHaven has helped me interact with people and given me some confidence.
- BowHaven makes me happy.
- I feel more confident, the staff have been helpful when I have felt low. I enjoy BowHaven, I have made friends here.
- Really lovely atmosphere, great centre.

- BowHaven has been a life saver for me. I don't know what I would have done without it. I can't thank you enough. All the staff are very supportive.
- Changed my life. So much would be lost without it.
- Without BowHaven I do not know what I would do all day.
- It's more reassuring to know they are local, as if you have a panic attack and need help with a turn, whether it's panic/epileptic, there is someone there to keep an eye on you.
- Knowing that someone is here to speak to, is important to staying healthy.
- I think BowHaven is essential for mentally and disabled people to come together and beat stress.
- Without BowHaven I would be in a bad way. With BowHaven now I feel helped and somewhere to go and feel supported.
- Very good at BowHaven. Seriously lot of happiness, goodness and joy here.

THANK YOU FOR TAKING THE TIME TO COMPLETE THIS SURVEY. ALL ANSWERS ARE CONFIDENTIAL.