

# Rhodes Avenue Primary School Feedback report

parentgym  
FOR PARENTS WHO CARE

the  
mindgym

# The statistics



5 sessions ran between October and November in 2017

80 participants gave feedback

99% felt actively involved in the workouts

100% felt the content was relevant to them

99% will use what they have learnt

99% would recommend the workout to others

99% would rate this workout as very good or excellent

# Feedback by course

Course	Q1%	Q2%	Q3%	Q4%	Q5%	Runs	People
Parent Gym, 6 week programme: 2. Love	94	100	94	94	94	1	16
Parent Gym, 6 week programme: 3. Behave	100	100	100	100	100	1	17
Parent Gym, 6 week programme: 4. Care	100	100	100	100	100	1	14
Parent Gym, 6 week programme: 5. Discover	100	100	100	100	100	1	19
Parent Gym, 6 week programme: 6. Together	100	100	100	100	100	1	14

Q1 - I felt actively involved in the workout, Q2 - I felt the content was relevant to me, Q3 - I will use what I have learnt, Q4 - I would recommend the workout to others, Q5 - I would rate the workout as very good or excellent

# What the participants thought

## 6 week programme: 2. Love

### Comments

"As a pessimist by nature I will use the WWW & worry watch"

"Extremely useful and relevant"

## 6 week programme: 3. Behave

### Comments

"Like having lots of practical techniques especially 'good morning and evening'. Good to share ideas in small groups of parents with same age child."

"Lots of good content. Thank you."

"Good session"

"Thank you Kasia for today!"

"Thank You it was very helpful!"

# What the participants thought



## Comments

"Brilliant!"

## 6 week programme: 4. Care

### Comments

"Brilliant session! Thank you Kasia!"

"Excited about trying sleep tactics. Didn't appreciate need to grow support network, very interesting."

"I've really enjoyed the session but the topics today are ones that are mostly not an issue for me! (Luckily)"

## 6 week programme: 5. Discover

### Comments

"Thank You very much! It was very interesting."

# What the participants thought

## Comments

"Sorry I had to leave early. These sessions are something I look forward to."

"Good"

"Great session and insights"

"I was apprehensive about attending a Parent Gym for 2hrs a week. However it has been helpful, enjoyable and a lot of fun. Thank you"

"Useful, interesting and fun."

## 6 week programme: 6. Together

### Comments

"Great finish to the series"

"Very good and useful"

# What the participants thought



## Comments

"Thank you Kasia you are brilliant"

"Kasia has been amazingly-well-informed, kind, generous and insightful. Thank you!"



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