

Volunteer reflection of the FLASH group

As part of the monitoring requirements for the FLASH funding grant, we need to evidence volunteer feedback. No personal names will be entered on the monitoring form.

Can you please complete the following information?

Headings

- Your service/role

FOSTER CARER

- Why you wanted to attend/volunteer in the workshops

I have a YP in my care who self harms and I wanted to gain more knowledge.

- What you did i.e. how many sessions attended etc.

I attended 9 out of 10 sessions

- Your observation on the parent's development in the workshops

I have observed parents becoming stronger in themselves. Therefore being able to help and support their children through self harm.

- Your observation on the group as a whole

The group as a whole has really become strong and supportive of each other. I think FLASH has been crucial in this.

- What learning will you take away from the experience?

I have touched on a lot of what Flash does in the 10 weeks with my FC training. But I have learnt to not be afraid when a YP self harms to go with my instinct of dealing with the situation with love and care.

- Any other comments

I have thoroughly enjoyed this last 9 weeks. I will take away with me more "tools" in my FC tool box. Self harm for me was always something I couldn't understand how I can help a YP through. Flash has given me the confidence and understanding as I imagine it has for the rest of the group.