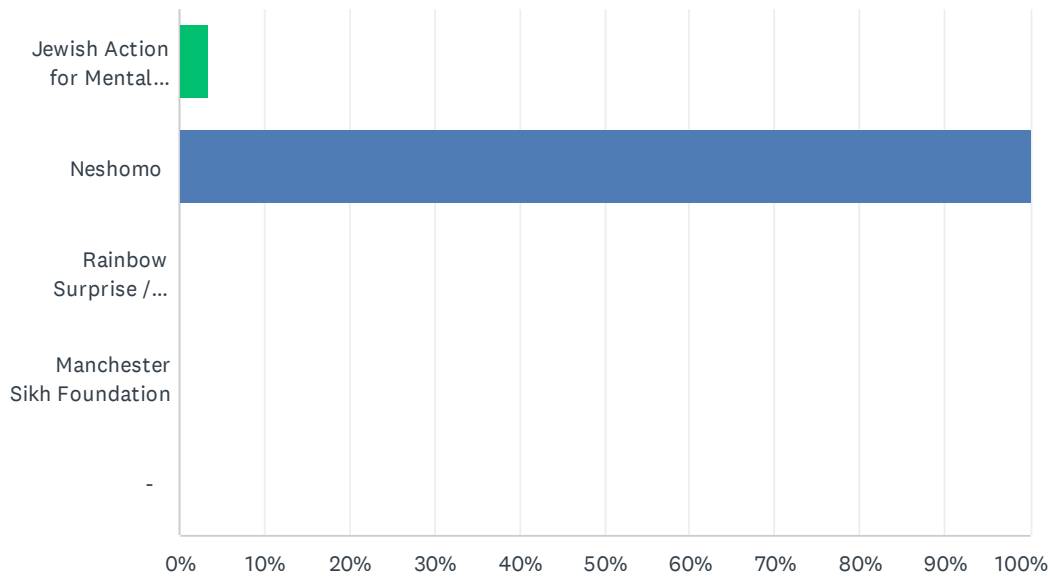


## Q1 Which service have you accessed in the last 6 months?

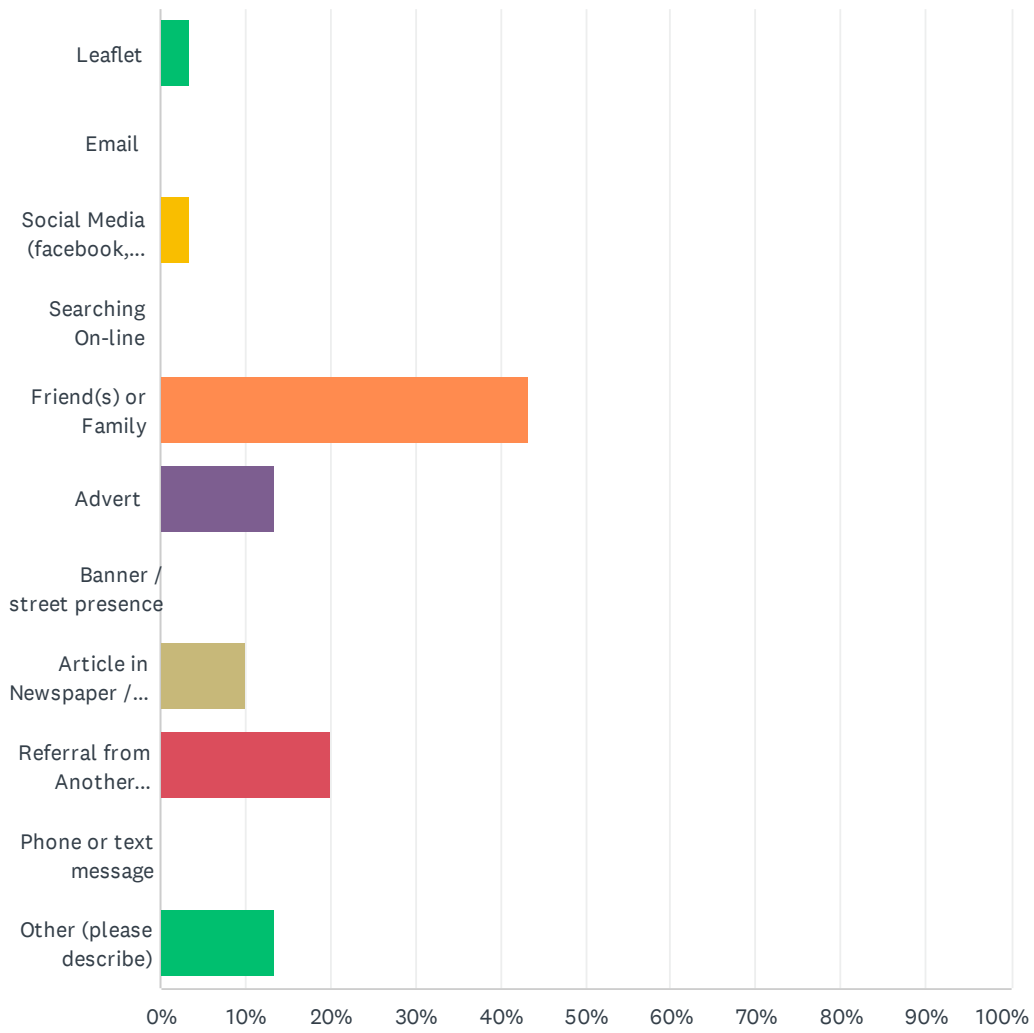
Answered: 30 Skipped: 0



ANSWER CHOICES	RESPONSES	
Jewish Action for Mental Health (JAMH)	3.33%	1
Neshomo	100.00%	30
Rainbow Surprise / LinguaGM	0.00%	0
Manchester Sikh Foundation	0.00%	0
-	0.00%	0
Total Respondents: 30		

## Q2 How did you find out about the service?

Answered: 30 Skipped: 0



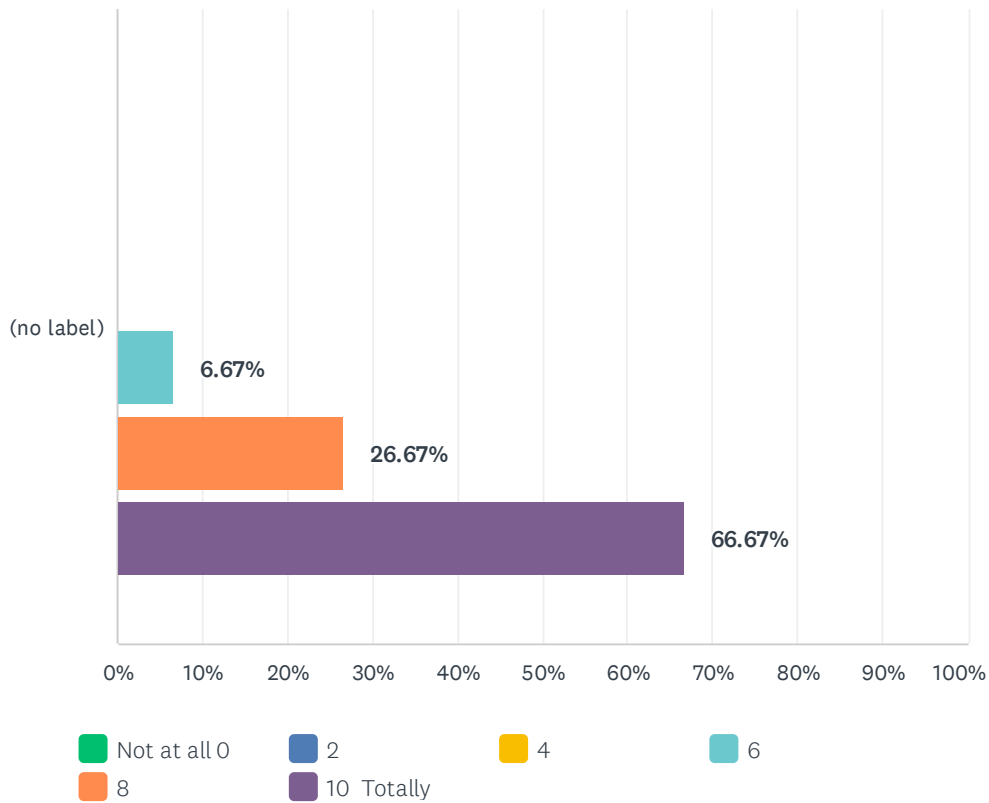
Faith Mental Health Evaluation 2022-23

ANSWER CHOICES	RESPONSES
Leaflet	3.33% 1
Email	0.00% 0
Social Media (facebook, instagram, twitter etc.)	3.33% 1
Searching On-line	0.00% 0
Friend(s) or Family	43.33% 13
Advert	13.33% 4
Banner / street presence	0.00% 0
Article in Newspaper / Magazine	10.00% 3
Referral from Another Organisation	20.00% 6
Phone or text message	0.00% 0
Other (please describe)	13.33% 4
Total Respondents: 30	

#	OTHER (PLEASE DESCRIBE)	DATE
1	GP	11/29/2022 12:08 PM
2	Doctor	11/28/2022 3:09 PM
3	Referral from psychiatrist	11/28/2022 12:59 AM
4	Local medical centre	11/24/2022 9:36 PM

### Q3 Were you satisfied with the support services you received?

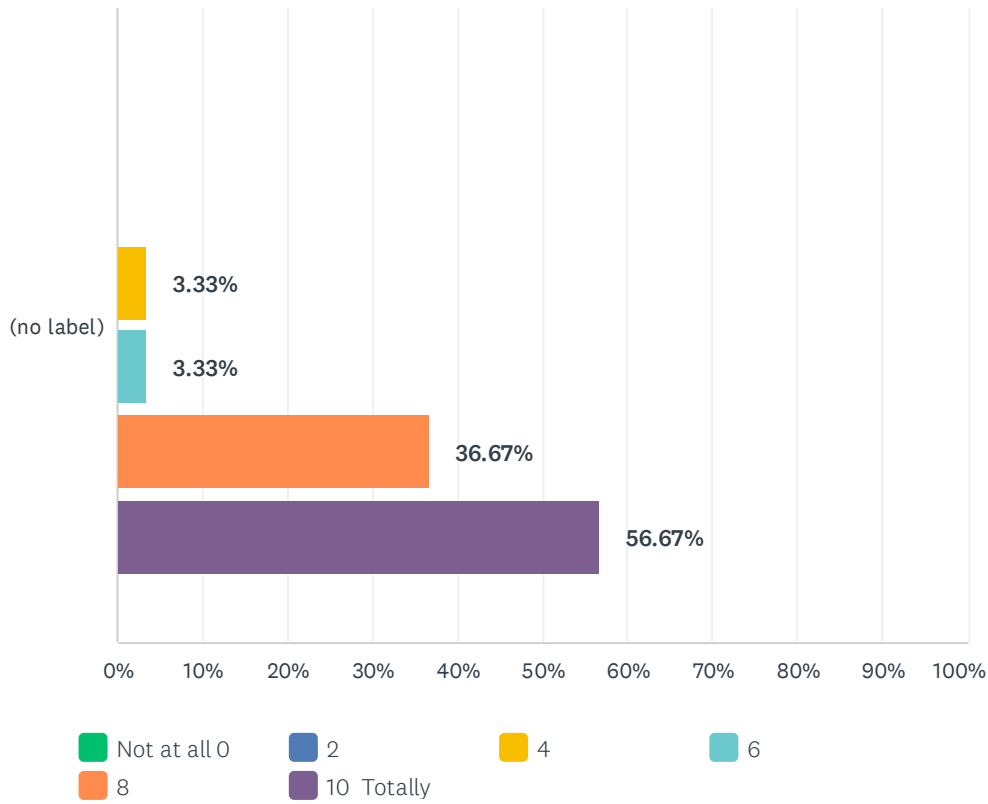
Answered: 30 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10 TOTALLY	TOTAL	WEIGHTED AVERAGE
(no label)	0.00% 0	0.00% 0	0.00% 0	6.67% 2	26.67% 8	66.67% 20	30	9.20

### Q4 How supportive would you rate the approach of your befriender, mentor, counsellor or therapist?

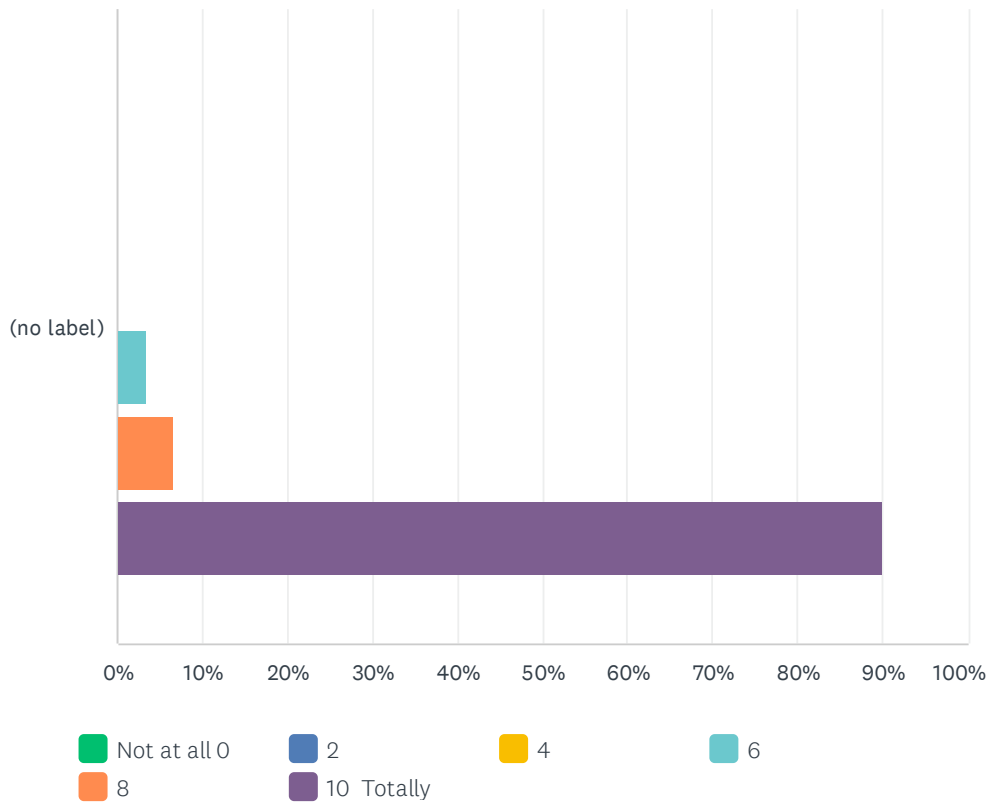
Answered: 30 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10 TOTALLY	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	0.00%	3.33%	3.33%	36.67%	56.67%	30	8.93
	0	0	1	1	11	17		

## Q5 Did the support received meet your specific faith/cultural needs?

Answered: 30 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	0.00%	0.00%	3.33%	6.67%	90.00%	30	9.73
	0	0	0	1	2	27		

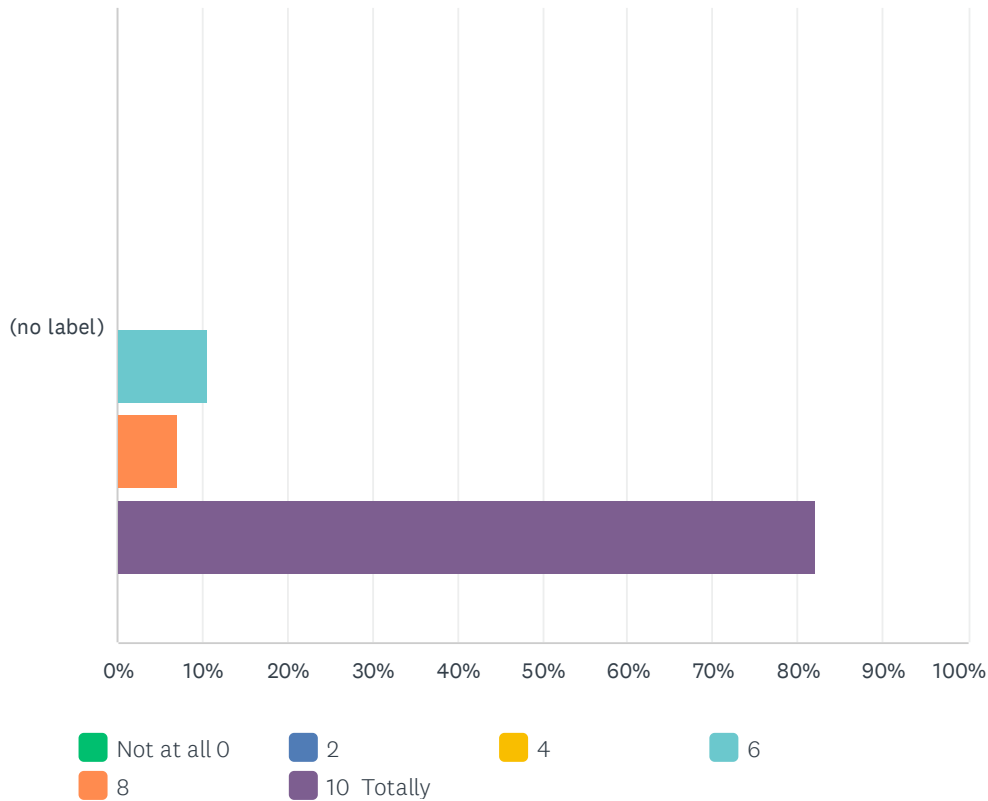
#	HOW HAS THE SUPPORT RECEIVED MET YOUR SPECIFIC FAITH/CULTURAL NEEDS (OR NOT)?	DATE
1	Not been an issue at all	11/30/2022 6:29 PM
2	The befriender is of the same faith.	11/29/2022 5:52 PM
3	yes very good	11/29/2022 4:40 PM
4	Volunteers were appropriately dressed using appropriate language and helped me prepare food for religious holidays	11/29/2022 12:32 PM
5	I felt more comfortable with someone Jewish whom I can trust	11/29/2022 12:27 PM
6	I feel disconnected from the community as I am not religious, they didn't judge me by my level of observance and made me feel part of the community. I have no family support, so this is very important to me.	11/29/2022 12:19 PM
7	It's an Orthodox Jewish organisation.	11/29/2022 12:08 PM
8	My Befriender is from my community.	11/29/2022 12:01 PM
9	My Neshomo helpers understand me and why I do some things.	11/29/2022 11:50 AM
10	Very good service, understanding the needs of a Jewish person.	11/28/2022 3:55 PM
11	Because befriended from similar background	11/28/2022 3:09 PM
12	The support he added to my specific needs	11/28/2022 12:27 PM
13	The support I have received has my faith/cultural needs by respecting my privacy and not	11/28/2022 12:59 AM

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	preaching on anything at all.	
14	She's respecting my choices about Kosher food, Shabbat, in general, my Orthodox vues.	11/28/2022 12:57 AM
15	She is refined and lovely.	11/24/2022 2:49 PM
16	Someone jewish who understands my needs	11/24/2022 11:46 AM
17	He doesn't get involved	11/23/2022 9:31 PM
18	we are guided under the community Neshomo service for help and support is available every time i needed advice. very good guided and still are in every aspect	11/23/2022 5:12 PM
19	She takes me out to a kosher coffee shop and I feel comfortable with her	11/23/2022 3:11 PM
20	She gets me and is aware of my jewish needs	11/23/2022 11:44 AM
21	the befriender knew what to say and how to relate to me	11/23/2022 11:20 AM
22	I am Jewish, Neshomo found a jewish befriender for me. Also, they gave me a say in what type of person I would be most comfitable with. (i.e. not much older then me and not strict).	11/23/2022 11:10 AM

## Q6 Has access to a culturally sensitive service been of added benefit compared to mainstream services?

Answered: 28 Skipped: 2



	NOT AT ALL 0	2	4	6	8	10 TOTALLY	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	0.00%	0.00%	10.71%	7.14%	82.14%	28	9.43
	0	0	0	3	2	23		

#	IF SO, IN WHAT WAY?	DATE
1	Same wavelength	11/30/2022 6:29 PM
2	I feel more comfortable in a culturally sensitive service.	11/29/2022 5:52 PM
3	the befriender talks to me feels homely	11/29/2022 4:40 PM
4	We're on the same page as each other with an established understanding of my needs and requirements	11/29/2022 12:32 PM
5	I wouldn't go anywhere else for support	11/29/2022 12:27 PM
6	I don't ask for any support besides for Neshomo	11/29/2022 12:19 PM
7	Feels more comfortable. Don't have to explain things.	11/29/2022 12:08 PM
8	I only get help from community organisations because they understand me.	11/29/2022 12:01 PM
9	I sometimes feel misunderstood by mainstream services, and it is hard for me to explain myself, it makes things more stressful for me. When Neshomo are involved, I feel more relaxed.	11/29/2022 11:50 AM
10	Of equal support	11/28/2022 3:09 PM
11	We have the same understanding as one another	11/28/2022 12:27 PM
12	By understanding and knowing the differences, we don't even have to explain or demand anything.	11/28/2022 12:57 AM

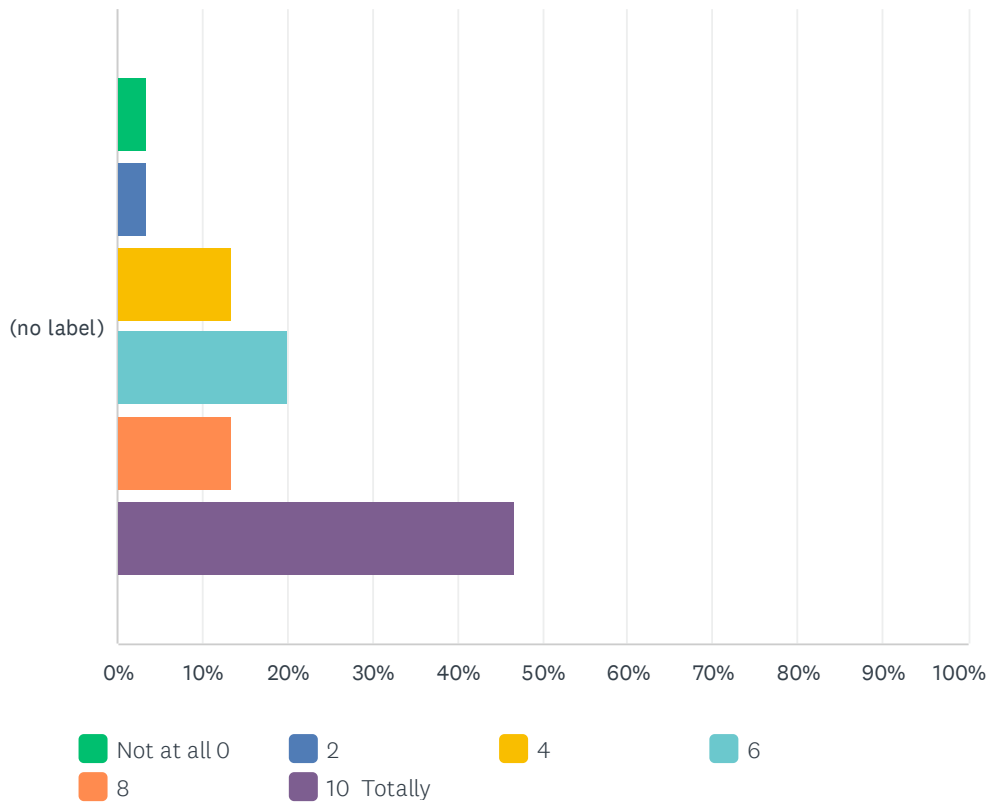


Faith Mental Health Evaluation 2022-23

13	I felt more at ease talking to these ladies	11/27/2022 9:06 PM
14	I trust them.	11/24/2022 2:49 PM
15	we can share our common experience I don't feel judged	11/24/2022 11:46 AM
16	He understands me and my need for space	11/23/2022 9:31 PM
17	I feel connected to her Like a common bond	11/23/2022 11:44 AM
18	I felt understood	11/23/2022 11:20 AM
19	By using a jewish service, they are already aware of some of the issues that the religion faces, the laws and the way most think as well as many people's up bringing. I do not have to waste time in explaining certain aspects of my believe. Furthermore, I would feel tired and time wasted if I used ther non-Jewish sensitive services, to explain everything. Also, I am always scared that non-Jewish sensitive services would be more judgemental due to not fully understanding where I come from.	11/23/2022 11:10 AM

## Q7 Has the support reduced your fear of addressing your mental health?

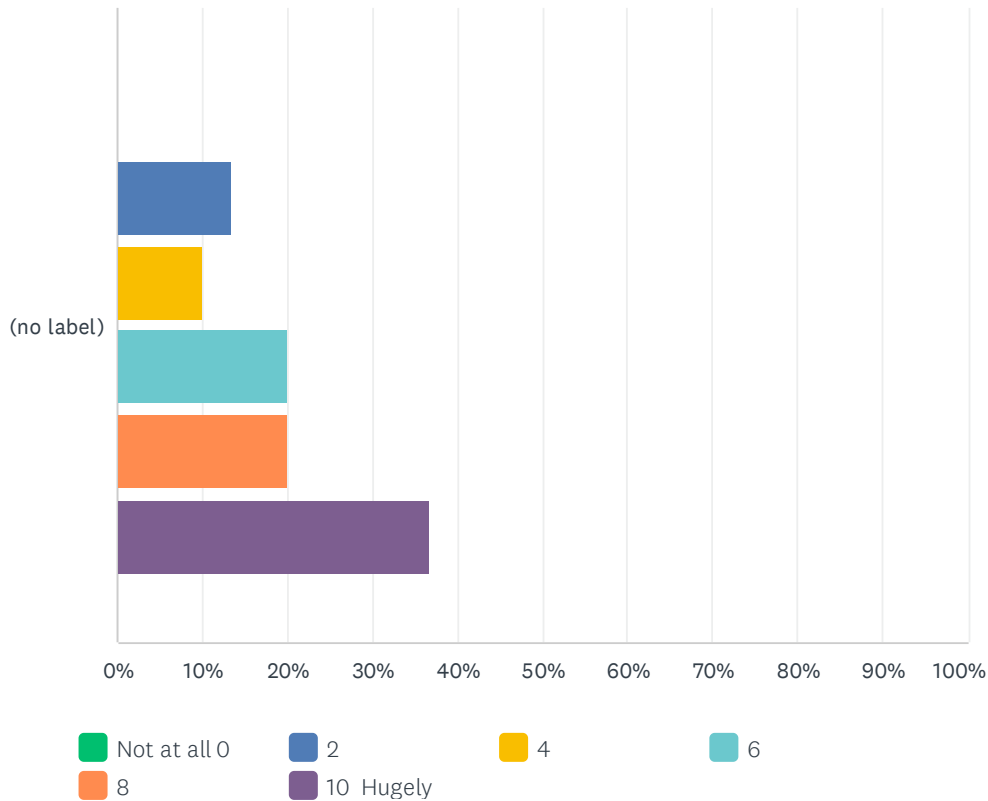
Answered: 30 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10	TOTALLY	TOTAL	WEIGHTED AVERAGE
(no label)	3.33%	3.33%	13.33%	20.00%	13.33%	46.67%			
	1	1	4	6	4	14		30	7.53

## Q8 Through getting support, do you feel more able to decide your own future?

Answered: 30 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	13.33%	10.00%	20.00%	20.00%	36.67%		
	0	4	3	6	6	11	30	7.13

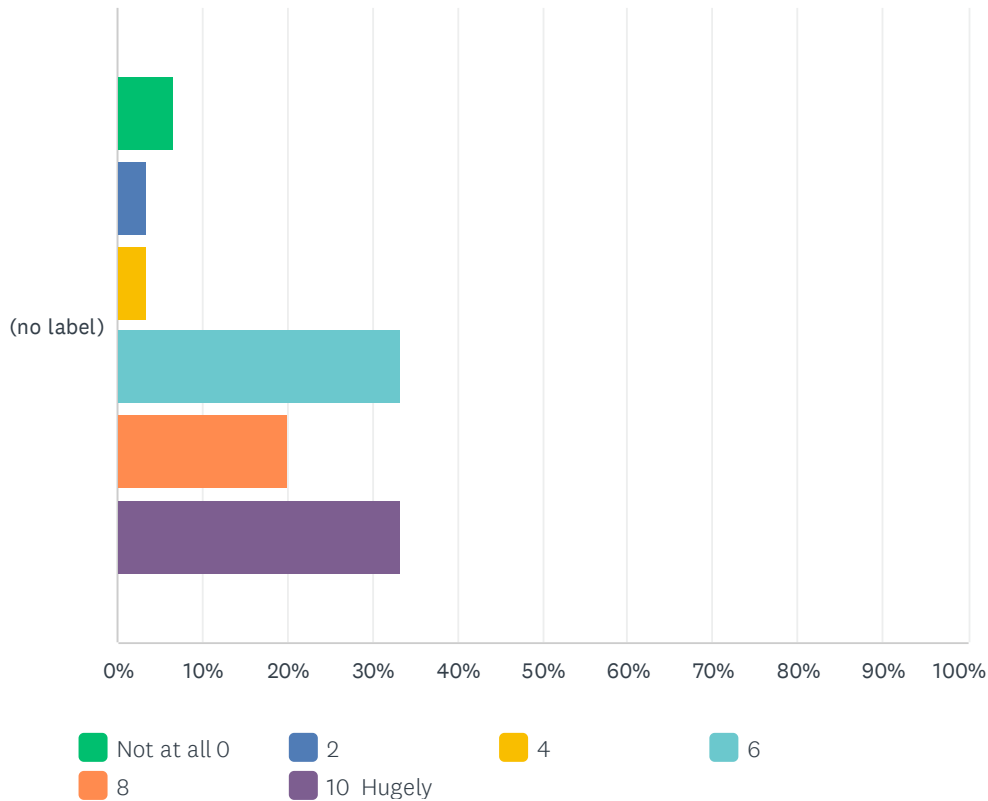
#	IF SO, HOW?	DATE
1	Feel supported a x cared about	11/30/2022 6:29 PM
2	I feel calmer and so feel better able to make decisions.	11/29/2022 5:52 PM
3	Exploring hobbies and support helped me develop my hobbies and use them in my own time	11/29/2022 12:32 PM
4	I decided I am ready to end the support as I feel better, my Befriender convinced me to get a flatmate and I'm glad I did.	11/29/2022 12:27 PM
5	When I joined Neshomo I was unemployed and isolated, now I have two jobs.	11/29/2022 12:19 PM
6	Reached crossroads in life. Forced to consider retirement because paid work has now dried up. Another 3 years until official retirement age. Someone with whom to talk over options.	11/29/2022 12:08 PM
7	I like to think of ideas how to spend my time doing more creative things	11/29/2022 12:01 PM
8	I was able to find a job	11/29/2022 11:50 AM
9	I'm getting slowly better	11/28/2022 12:57 AM
10	its helped a lot overall I have better days and worse days	11/24/2022 11:46 AM
11	Not bring recieving that kind of support	11/23/2022 9:31 PM
12	Neshomo service for help and support is available every time i needed advice. very good guided and still are in every aspect	11/23/2022 5:12 PM

## Faith Mental Health Evaluation 2022-23

13	The weekly support gives me courage to handle my issues	11/23/2022 3:11 PM
14	The support has made me stronger and I look forward to it weekly	11/23/2022 11:44 AM
15	I have a friend I can talk to. Before I accessed this service, I was very lonely as all my friends had moved away and I am terrible at keeping contact with social media.	11/23/2022 11:10 AM

## Q9 Has the support enabled you to function better in activities in your daily life?

Answered: 30 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	6.67%	3.33%	3.33%	33.33%	20.00%	33.33%	30	7.13
	2	1	1	10	6	10		

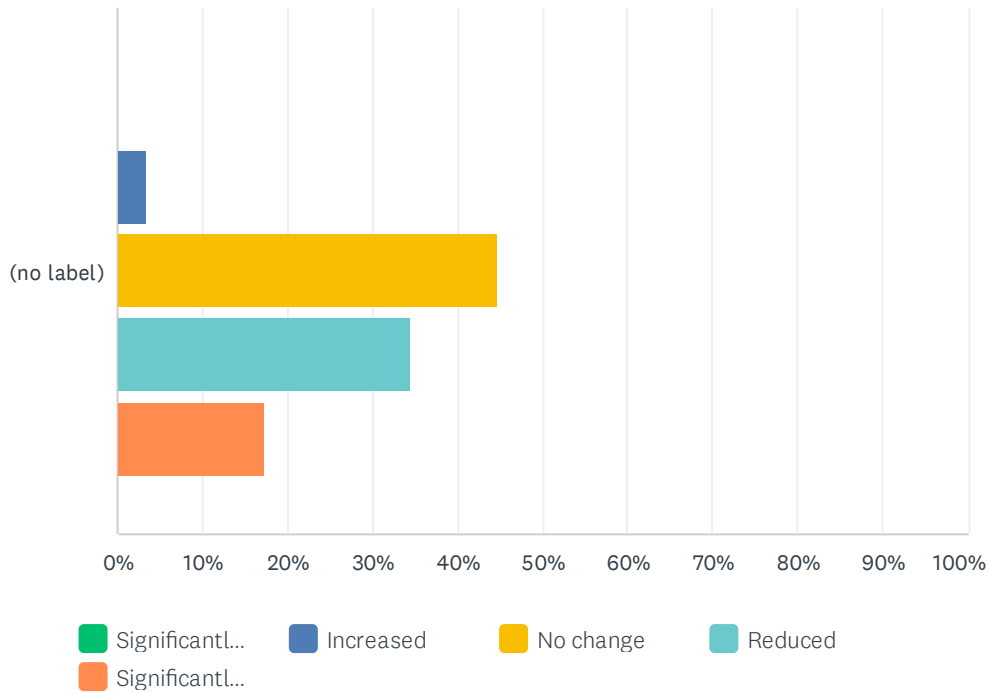
#	IF SO, IN WHAT WAY?	DATE
1	I feel more at ease.	11/29/2022 5:52 PM
2	boosts me up	11/29/2022 4:40 PM
3	Done sewing and art in my own time as well as cooking	11/29/2022 12:32 PM
4	I like choosing nice outfits to wear sometimes	11/29/2022 12:27 PM
5	My befriender would make an appointment with me, so I would make a schedule instead of staying home in bed.	11/29/2022 12:19 PM
6	Access to psychiatrist on regular basis without having to pay a fortune (that I can't afford)! Befriender not yet assigned.	11/29/2022 12:08 PM
7	My house is very cluttered, my Befriender helps me organise my thoughts, and motivates me to tackle the mess.	11/29/2022 12:01 PM
8	I am able to go out more, I used to stay indoors all the time.	11/29/2022 11:50 AM
9	Look forward to chats with befriende4	11/28/2022 3:09 PM
10	My support worker gives me a lot of confidence I didn't have before	11/28/2022 12:27 PM
11	Its given me my lifeline.	11/28/2022 12:59 AM
12	I'm getting out of the house. Otherwise, I would sray for weeks in.	11/28/2022 12:57 AM

## Faith Mental Health Evaluation 2022-23

13	By helping me gain more confidence	11/27/2022 9:06 PM
14	I am able to connect better with others my relationship are improving	11/24/2022 11:46 AM
15	Not getting that kind of support	11/23/2022 9:31 PM
16	I know how to deal with my client better and when ever i have a question Neshomo is allways available.	11/23/2022 5:12 PM
17	I feel more energised and less anxious in day to day activities	11/23/2022 11:44 AM
18	I am feel mo0re confident in my day to day functioning	11/23/2022 11:20 AM
19	Able to not bottle things up inside and having it explode at inconvenience times.	11/23/2022 11:10 AM

## Q10 Following this support, has there been any change in the number of times you have needed to seek help from the NHS?

Answered: 29 Skipped: 1

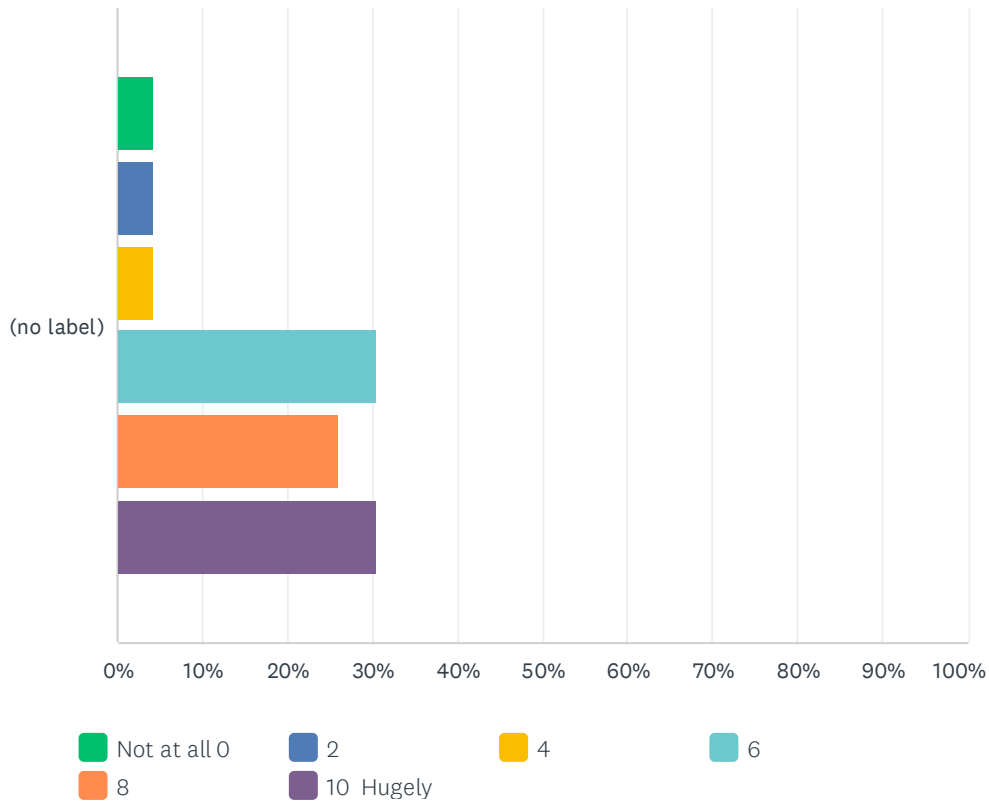


	SIGNIFICANTLY INCREASED	INCREASED	NO CHANGE	REDUCED	SIGNIFICANTLY REDUCED	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	3.45%	44.83%	34.48%	17.24%	29	3.66
	0	1	13	10	5		

#	WHAT IS THE REASON FOR ANY CHANGE?	DATE
1	I feel more able to manage.	11/29/2022 5:52 PM
2	Got someone who understands my cultural background and understands my triggers	11/29/2022 12:32 PM
3	I feel less worried about my health	11/29/2022 12:27 PM
4	Had given up on the NHS services (Bury) because they are so over-stretched. After the regular psychiatrist retired, there was a series of locums, none of whom knew my case-history of anxiety and depression.	11/29/2022 12:08 PM
5	I don't need to speak to my GP as often- I would always go to her when things were bad.	11/29/2022 12:01 PM
6	I feel supported in my own community.	11/29/2022 11:50 AM
7	Feeling much better in myself and physically feeling better and not needed to	11/28/2022 12:27 PM
8	I have my support instead, and she's very good at it. Very understanding, supportive	11/28/2022 12:57 AM
9	I was able to see a psychiatrist who changed my medication, which made all the difference to the way I was, totally unable to cope mentally and physically.	11/27/2022 9:06 PM
10	I feel my issues are being cared for due to these culturally sensitive services.	11/23/2022 11:10 AM

### Q11 Has support helped reduced your social isolation? (only answer if this was an issue for you)

Answered: 23 Skipped: 7

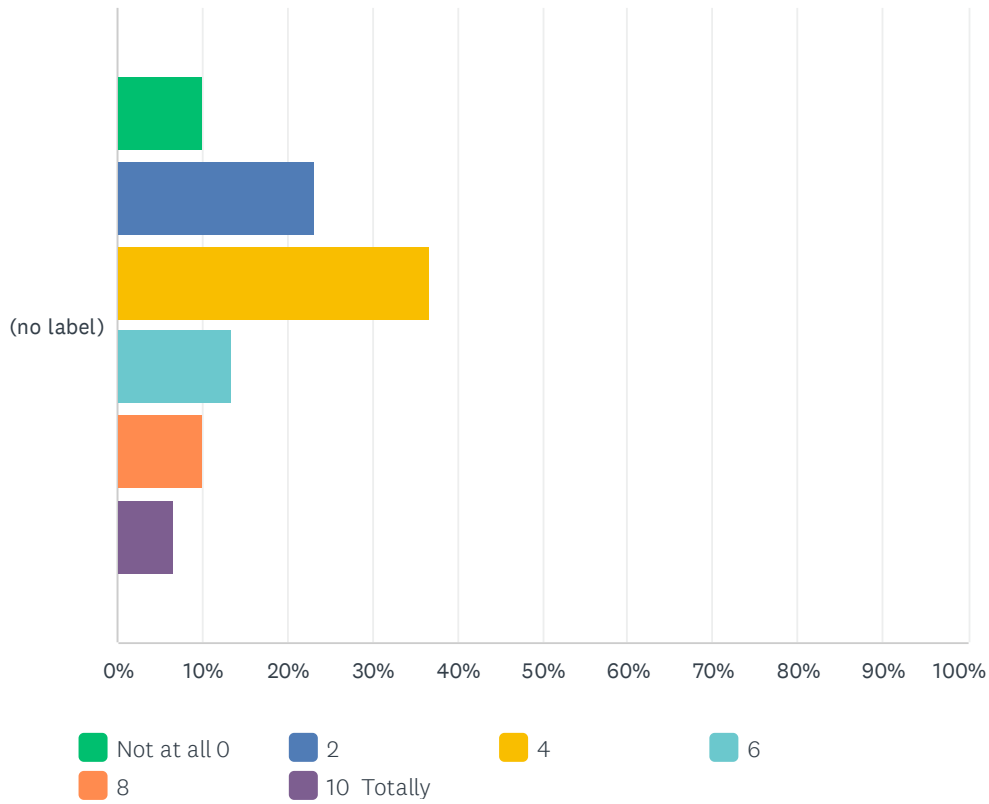


	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	4.35%	4.35%	4.35%	30.43%	26.09%	30.43%	23	7.22
	1	1	1	7	6	7		



## Q12 How confident of making positive choices about your life were you before support?

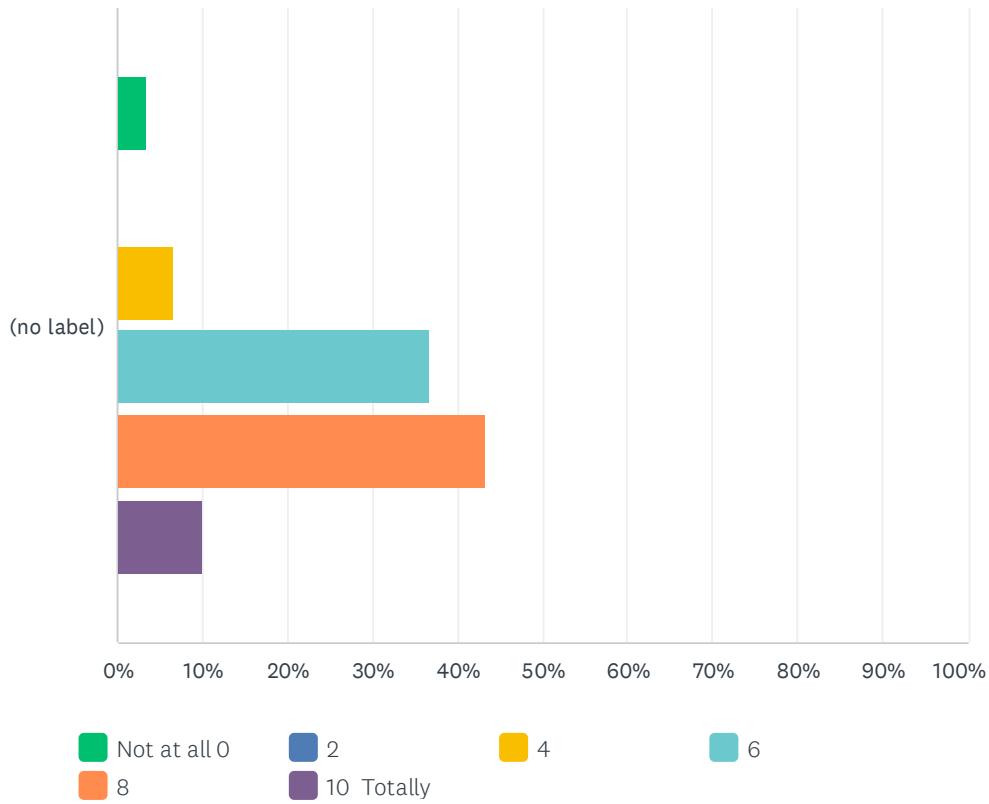
Answered: 30 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10 TOTALLY	TOTAL	WEIGHTED AVERAGE
(no label)	10.00%	23.33%	36.67%	13.33%	10.00%	6.67%		
	3	7	11	4	3	2	30	4.20

### Q13 How confident of making positive choices about your life are you now?

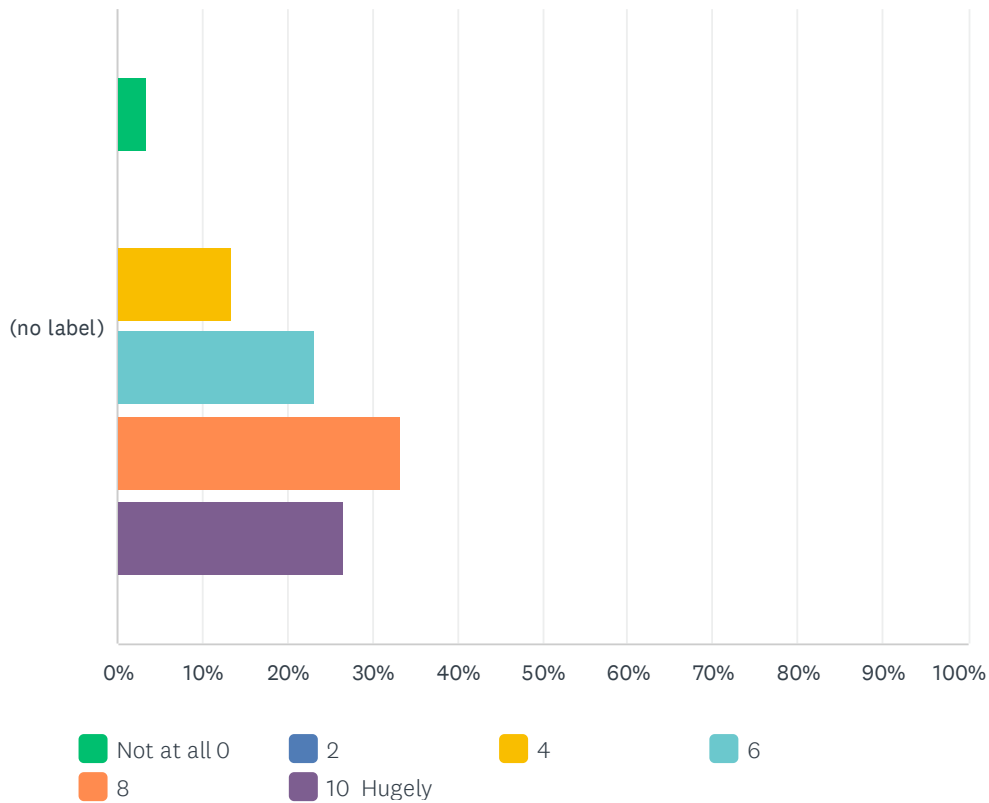
Answered: 30 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10	TOTALLY	TOTAL	WEIGHTED AVERAGE
(no label)	3.33%	0.00%	6.67%	36.67%	43.33%	10.00%			
	1	0	2	11	13	3	30		6.93

## Q14 Has your involvement improved your overall mental wellbeing?

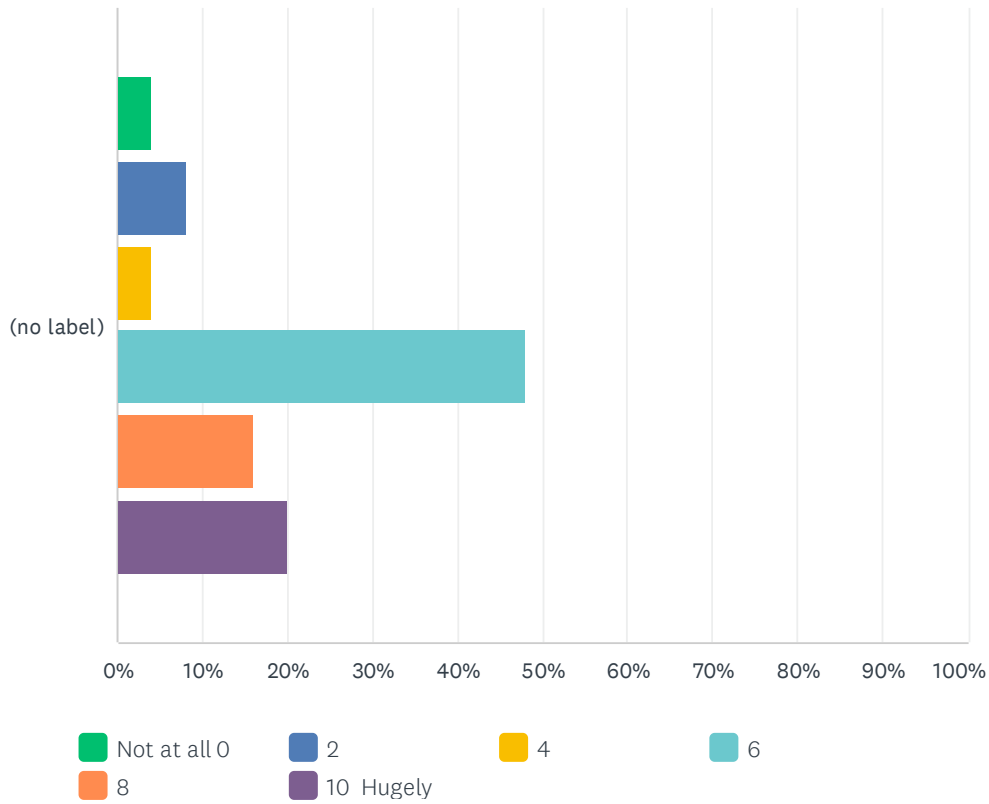
Answered: 30 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	3.33%	0.00%	13.33%	23.33%	33.33%	26.67%		
	1	0	4	7	10	8	30	7.27

### Q15 Has your involvement reduced your stress levels? (only answer if this was an issue for you)

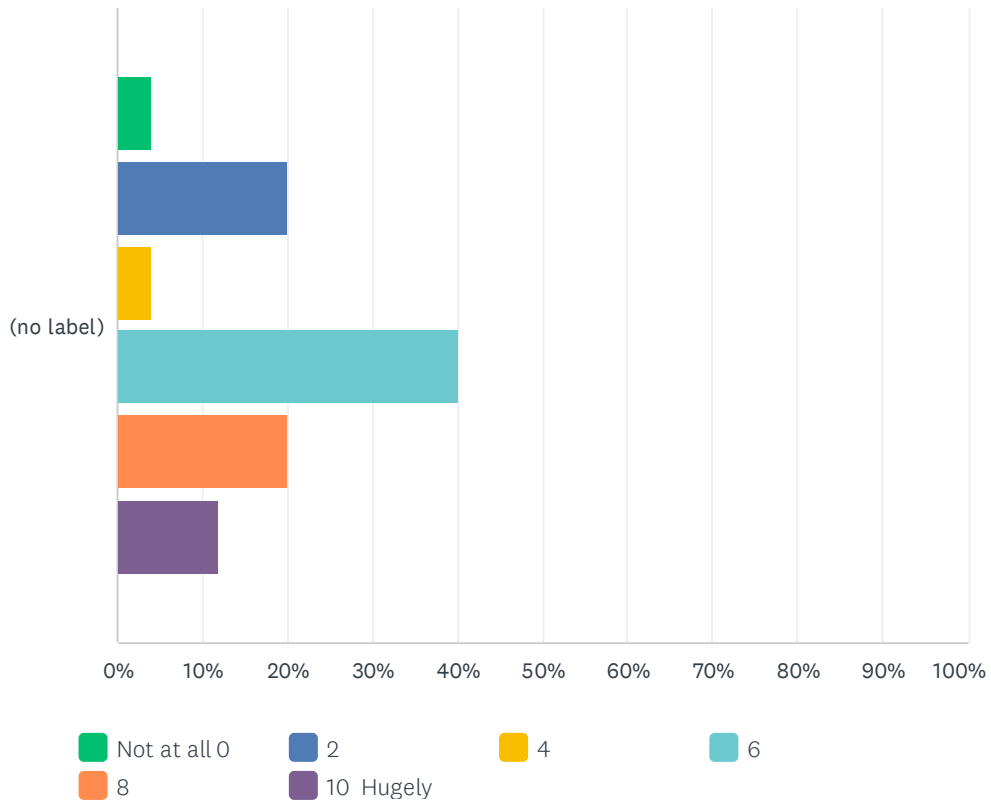
Answered: 25 Skipped: 5



	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	4.00%	8.00%	4.00%	48.00%	16.00%	20.00%	25	6.48
	1	2	1	12	4	5		

### Q16 Has your involvement reduced your depression? (only answer if this was an issue for you)

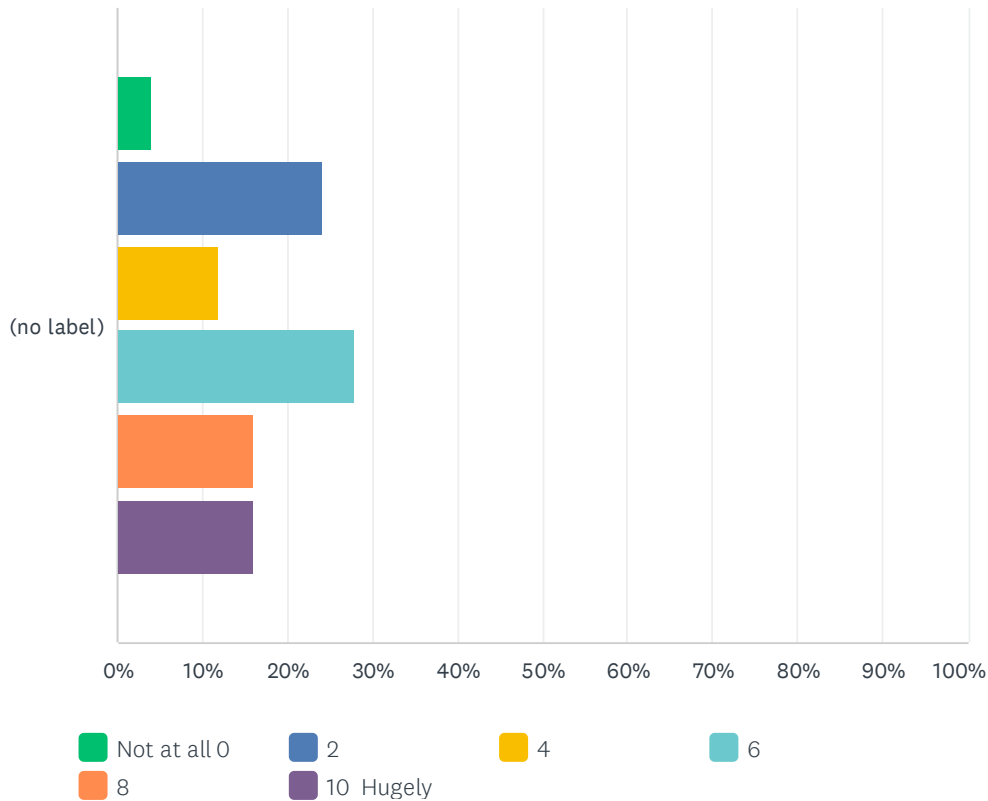
Answered: 25 Skipped: 5



	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	4.00%	20.00%	4.00%	40.00%	20.00%	12.00%	25	5.76
	1	5	1	10	5	3		

### Q17 Has your involvement reduced your anxiety levels? (only answer if this was an issue for you)

Answered: 25 Skipped: 5



	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	4.00%	24.00%	12.00%	28.00%	16.00%	16.00%	25	5.52
	1	6	3	7	4	4		

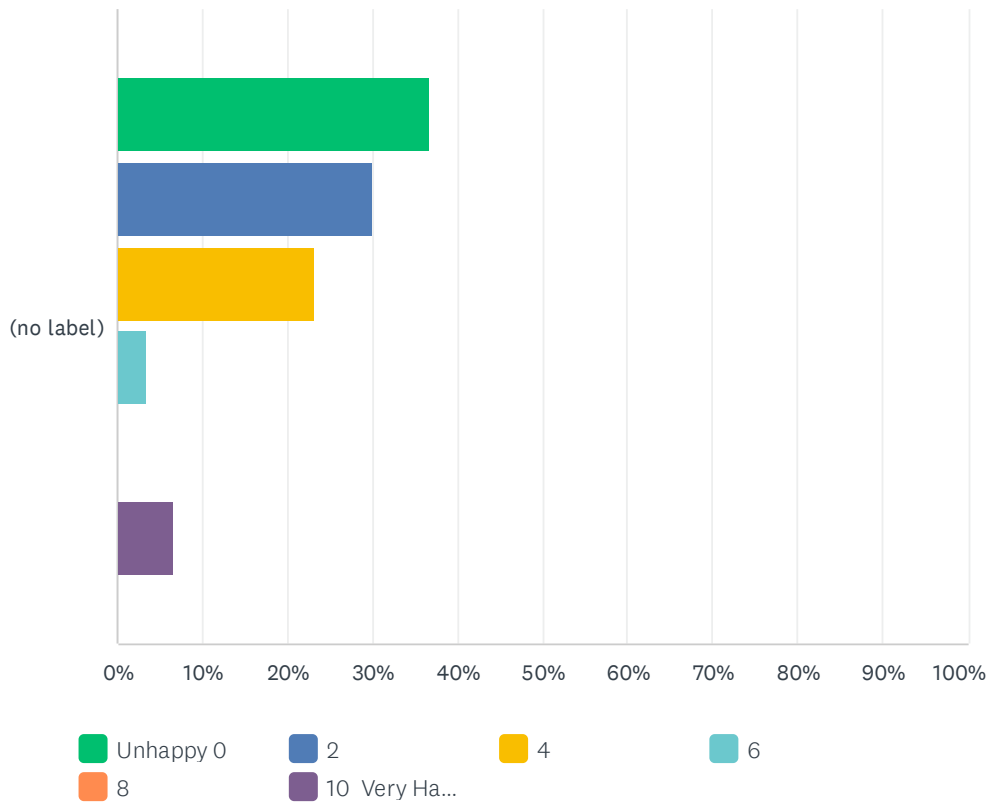
#	HOW HAS SUPPORT AFFECTED YOUR STRESS, DEPRESSION OR ANXIETY LEVELS?	DATE
1	I feel more positive after a meeting with the befriender.	11/29/2022 5:52 PM
2	under medical supervision	11/29/2022 4:40 PM
3	Struggle with chronic fatigue and having help at home gives me a social interaction gives me an adrenaline boost and helps me feel better about myself and helps me achieve more in my day	11/29/2022 12:32 PM
4	I am still sad because i had lots of bereavements in my life, but I am able to keep busy with other things	11/29/2022 12:27 PM
5	I cried often and was very worried, now I feel happier.	11/29/2022 12:19 PM
6	Knowing that there is someone accessible to contact.	11/29/2022 12:08 PM
7	My husband was very ill with Covid, and I am traumatised, so when I have Neshomo activities, it takes my mind off things, and I feel more positive.	11/29/2022 12:01 PM
8	I saw I was able to socialise, go out and find a job, I feel more confident	11/29/2022 11:50 AM
9	Determined to get on	11/28/2022 3:09 PM
10	Client feel a more confident and far less stressed	11/28/2022 12:27 PM
11	By knowing that I have someone to reach out to and will respect and not judge me, this has	11/28/2022 12:59 AM

## Faith Mental Health Evaluation 2022-23

	reduced some of my stress and other struggles.	
12	She's compassionate, understanding, nice, smiling	11/28/2022 12:57 AM
13	By being put on the right medication, and knowing I could get the help I needed	11/27/2022 9:06 PM
14	I still get a bit anxious and stressed but knowing I can talk to someone make a huge difference	11/24/2022 11:46 AM
15	Not giving that kind support	11/23/2022 9:31 PM
16	The support I get gives me peace of mind and o feel less stressed	11/23/2022 3:11 PM
17	I feel like someone caring is there holding my hand , reaching out to me	11/23/2022 11:44 AM
18	I am able to talk to someone who is not my family member and therefore won't snitch. I feel comfitable with being able to be myself and not pretend to be someone else. I am an extrovert, so by having a friend I am able to do many activities that I do not feel comfitable doing alone.	11/23/2022 11:10 AM

## Q18 How would you rate your mood before your involvement?

Answered: 30 Skipped: 0

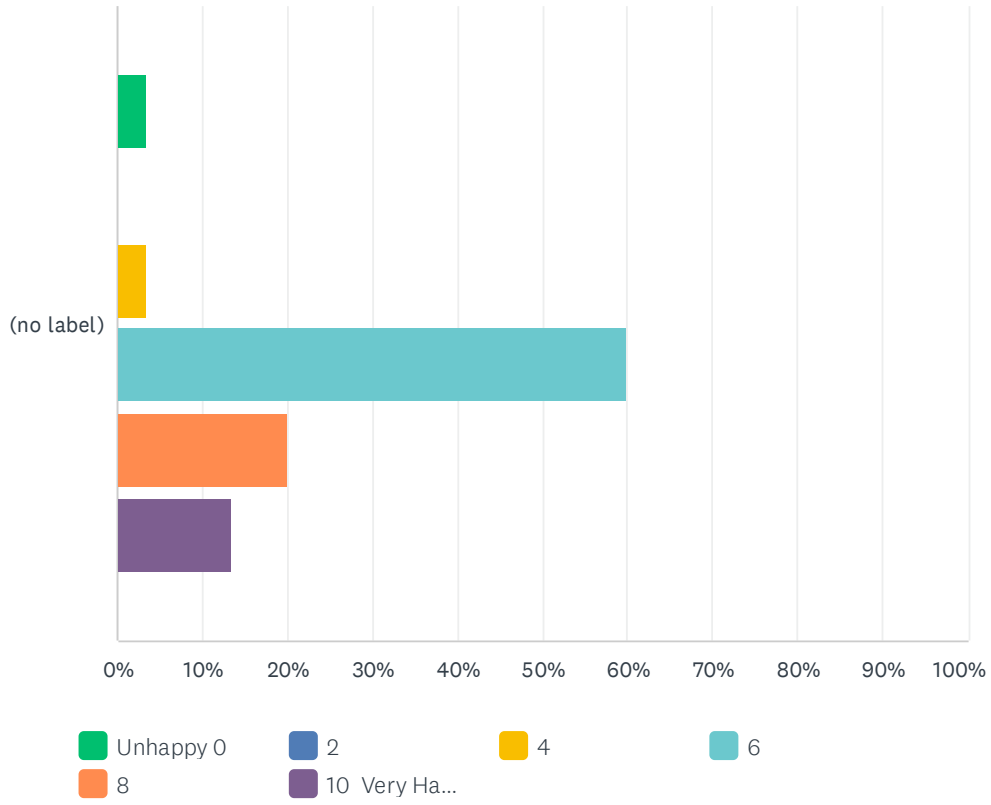


	UNHAPPY 0	2	4	6	8	10 VERY HAPPY	TOTAL	WEIGHTED AVERAGE
(no label)	36.67%	30.00%	23.33%	3.33%	0.00%	6.67%	30	2.40
	11	9	7	1	0	2		



## Q19 How would you rate your mood now?

Answered: 30 Skipped: 0



	UNHAPPY 0	2	4	6	8	10 VERY HAPPY	TOTAL	WEIGHTED AVERAGE
(no label)	3.33%	0.00%	3.33%	60.00%	20.00%	13.33%		
	1	0	1	18	6	4	30	6.67

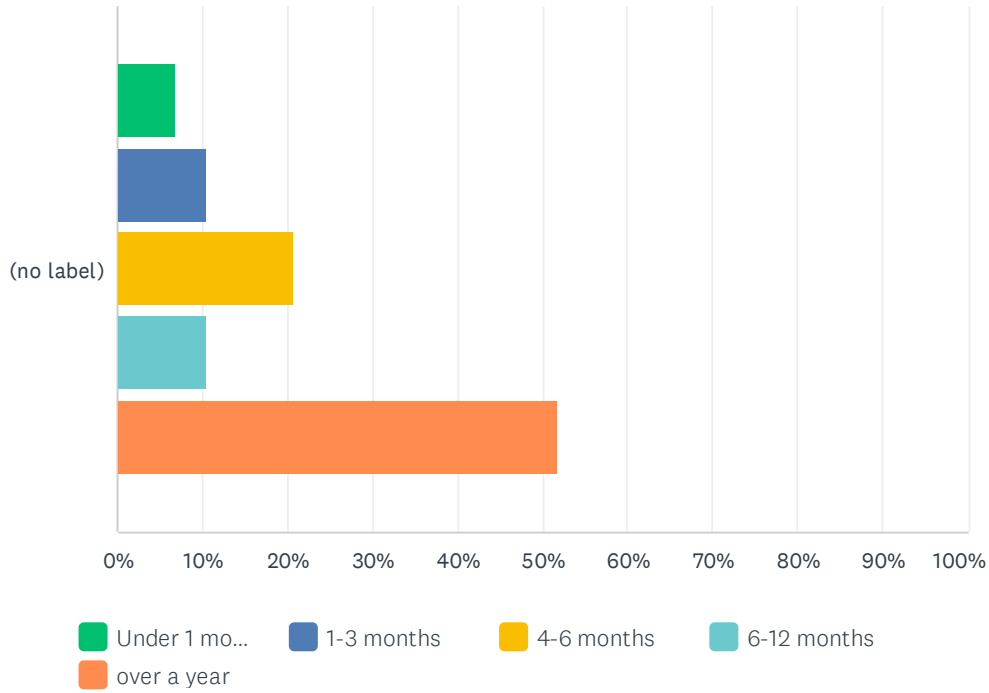
## Q20 What would make the services provided better?

Answered: 17 Skipped: 13

#	RESPONSES	DATE
1	Chocolate and sweets	11/30/2022 6:29 PM
2	meetings with befriender more than once a week	11/29/2022 5:52 PM
3	to keep on coming	11/29/2022 4:40 PM
4	Increase number of befriended in the team	11/29/2022 12:32 PM
5	Less questionnaires	11/29/2022 12:27 PM
6	Think that they are hampered by not having a big enough pool of volunteer bendifenders.	11/29/2022 12:08 PM
7	I wish Neshomo had an animal therapy service, as I love connecting with animals but can't have a pet at home.	11/29/2022 12:01 PM
8	Happy to only access service via phone calls	11/28/2022 3:09 PM
9	Nothing	11/28/2022 12:27 PM
10	I am very happy with the service provided.	11/28/2022 12:59 AM
11	Having them maybe twice a week?	11/28/2022 12:57 AM
12	I honestly cant think of anything, I found the service invaluable	11/27/2022 9:06 PM
13	Less waiting time	11/27/2022 8:57 PM
14	More Yiddish speakers	11/24/2022 2:49 PM
15	Can't express	11/23/2022 9:31 PM
16	I am happy as it is and grateful for the support I get	11/23/2022 11:44 AM
17	A location the bendifenders and client can meet up and hang out. We usally walk around and talk, however, the winters are cold and it gets difficult sometimes. A "hang out" building, with maybe some games and snacks (or can bring our own) would be great so I have a place to escape to. (as Don't have much privacy at my home)	11/23/2022 11:10 AM

## Q21 How long have you been receiving support?

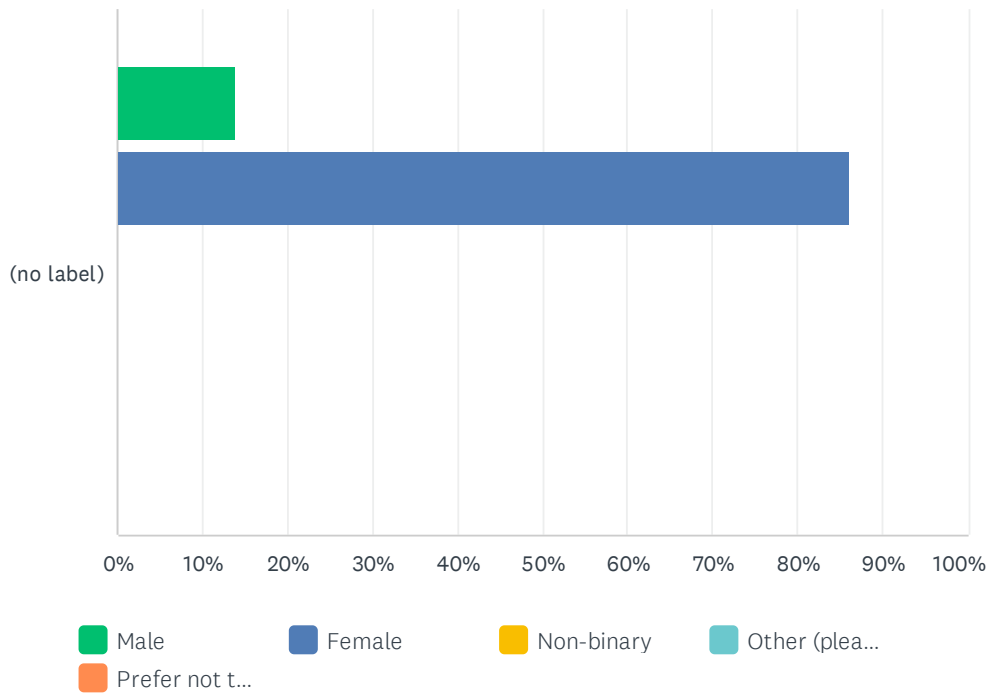
Answered: 29 Skipped: 1



	UNDER 1 MONTH	1-3 MONTHS	4-6 MONTHS	6-12 MONTHS	OVER A YEAR	TOTAL	WEIGHTED AVERAGE
(no label)	6.90%	10.34%	20.69%	10.34%	51.72%	29	3.90
	2	3	6	3	15		

## Q22 With which gender do you identify?

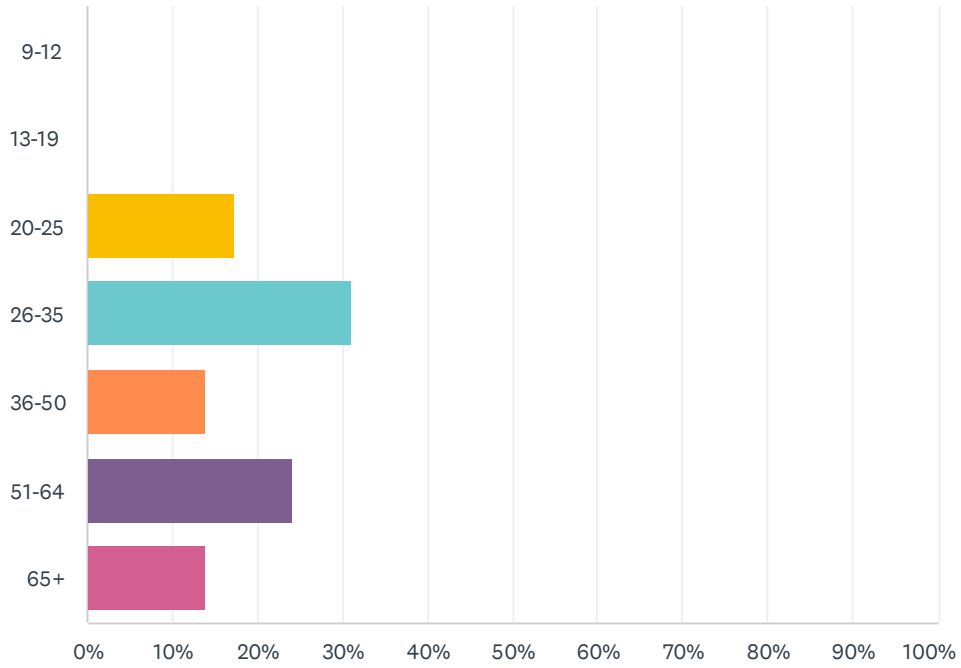
Answered: 29 Skipped: 1



	MALE	FEMALE	NON-BINARY	OTHER (PLEASE DESCRIBE)	PREFER NOT TO SAY	TOTAL	WEIGHTED AVERAGE
(no label)	13.79% 4	86.21% 25	0.00% 0	0.00% 0	0.00% 0	29	1.86

## Q23 Age:

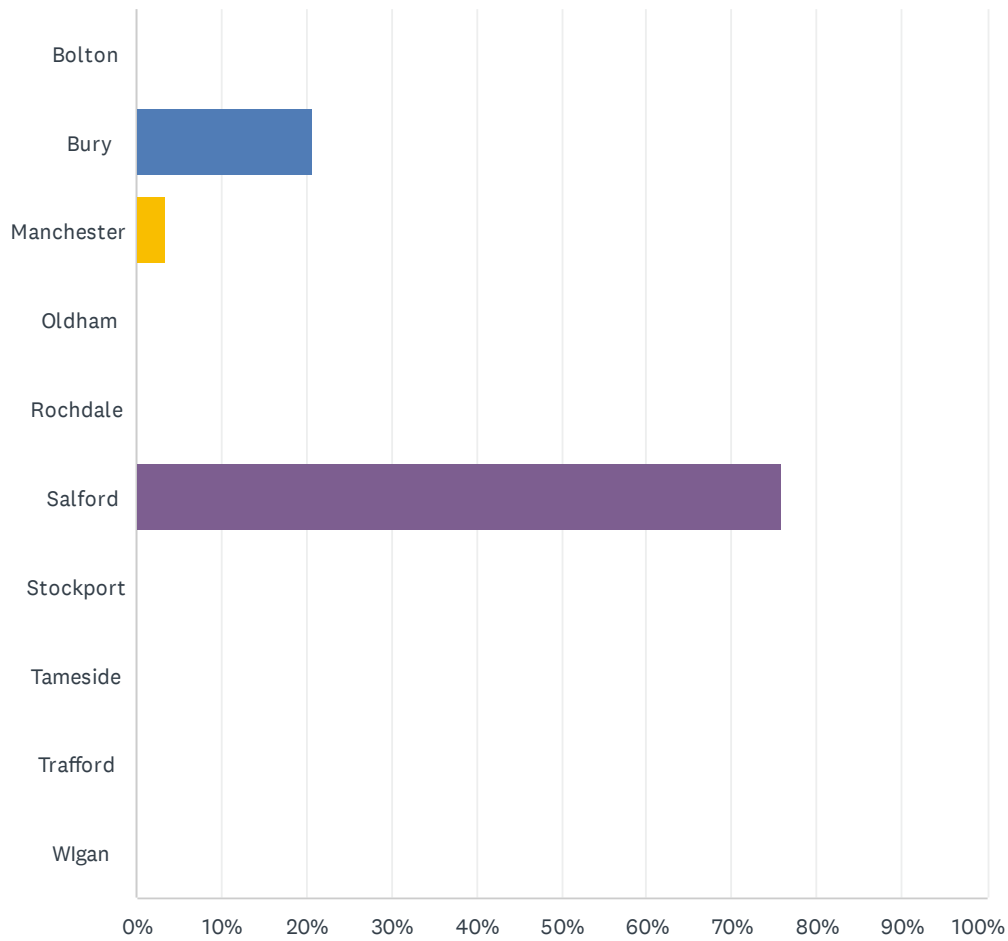
Answered: 29 Skipped: 1



ANSWER CHOICES	RESPONSES
9-12	0.00% 0
13-19	0.00% 0
20-25	17.24% 5
26-35	31.03% 9
36-50	13.79% 4
51-64	24.14% 7
65+	13.79% 4
<b>TOTAL</b>	<b>29</b>

## Q24 In which Local Authority do you live?

Answered: 29 Skipped: 1



ANSWER CHOICES	RESPONSES
Bolton	0.00% 0
Bury	20.69% 6
Manchester	3.45% 1
Oldham	0.00% 0
Rochdale	0.00% 0
Salford	75.86% 22
Stockport	0.00% 0
Tameside	0.00% 0
Trafford	0.00% 0
Wigan	0.00% 0
<b>TOTAL</b>	<b>29</b>

## Q25 Many thanks for all your input. If you wish to add any further comments, please do so here.

Answered: 8 Skipped: 22

#	RESPONSES	DATE
1	Maybe provide outings or activities which can be done together.	11/30/2022 6:31 PM
2	Advertise more so we get wider publicity and increase awareness of our services	11/29/2022 12:33 PM
3	Thank you	11/29/2022 12:20 PM
4	I think that Neshomo is filling a big gap in Jewish community services. If they are receiving financial help, this should be continued. Being such a small organisation, they probably struggle to fundraise, because they give higher priority to delivering their much needed services.	11/29/2022 12:13 PM
5	My female support worker is always there to help me with any issues I might have	11/28/2022 12:29 PM
6	I am grateful for their support and services.	11/28/2022 12:58 AM
7	I really appreciate all that Neshomo has done for me	11/23/2022 11:22 AM
8	I would very much love to see Neshomo improve and grow as a befriender service. I found it by chance on LinkedIn (while browsing some people I knew). Would highly recommend for them to advertise in other locations to spread the word.	11/23/2022 11:12 AM