

**Welsh Network of Healthy School Schemes
Conference, 15 November 2013**

Children and Young People's Well Being and the Positive Impact on Outcomes

**'Touch Talks'
Promoting the use of nurturing touch to enhance wellbeing**

Evaluation of the Touch Talks workshop

Touchline Training provided a workshop for the delegates to the conference.

Aim of workshop:

To give participants an overview of three accredited wellbeing programmes and their benefits so that they have the knowledge to inform others

Programmes:

1. IMPACT Wellbeing 'Kind Hands' for early years children 2-4 years, their parents and carers (one day instructor's training)
2. IMPACT Workplace Wellbeing for young people and adults; suitable for secondary phase students and staff wellbeing (one day instructor's training)
3. Massage in Schools Programme (MISP) for children 4-12 years (two day instructor's training)

Objectives:

- To have a basic knowledge of the background to the programmes
- To be aware of the benefits of using positive touch and peer massage
- To exercise the right to make a choice to work with a partner or observe
- To experience some practical activities related to the programmes
- To consider how the programmes may contribute to the wellbeing of children and young people

The practical activities:

1. Kind Hands; using positive touch in nursery rhymes (Supports the EYFS)
2. Massage in Schools Programme; using the weather story as a basis for paired work to develop kinaesthetic learning
3. IMPACT Workplace Wellbeing; relaxation breathing

Note due to lack of time; 'The special place' visualisation - Download from www.impact4wellbeing.co.uk)

Evaluation

14 evaluation slips were returned at the end of the sessions.

The delegates were asked to rate three aspects of the workshop:
Interesting, Useful, Relaxing

The scoring was on a range of 1 (low) to 5 (high). Delegates could add a comment if they wished. One delegate gave every aspect 1 but no comment. Was this a misunderstanding of the scoring system?

These are the results:

Rating	1 (Low)	2	3	4	5 (High)	4 + 5
Aspect						
Interesting	1			1	12	13
Useful	1			4	9	13
Relaxing	1			2	11	13

Comments of delegates:

- Relevant to emotional health. Thank you.
- The best workshop of the whole event. Thank you!
- Very relaxing and interesting. I will contact you.
- Very interesting. Thank you.
- Thoroughly enjoyed the training. It would be beneficial to promote positive touch in schools.
- Excellent! Thank you.

Conclusion:

- The workshop was well received.
- Time for planned activities was restricted and feedback was limited due to the workshop starting late.

Other considerations:

Delegates were promised information about in-house training costs.

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The company is a not for profit company dedicated to helping people of all ages improve their wellbeing.