

11<sup>th</sup> October 2008

Dear Mark


Here are the comments from the members of staff who took place in the Self Defence Training you put on at Borrowash House.

Please feel free to use these comments in your promotion to schools.

- A very well delivered training day. We all started off terrified but soon grew in confidence. It was great to see our service users move from a victim role to a point where they believed in their ability to defend themselves. And I'm sure it was great for them to see that the staff here could be vulnerable too.  
I particularly liked the verbal de-escalation skills and the assertiveness part of the training. At the end of the day I'd much rather avoid having to physically defend myself, but I now know I could do it if I had to.  
A great day and a great team building exercise for all who took part. And we all felt totally safe with two male trainers.
- An inspiring and empowering training session. I believe both service users and staff benefited greatly from it. I highly recommend it. Fabulous!
- I found it very accessible for any one with any level of fitness (or unfitness). I felt like I could take anyone on if I had to defend myself and I would no longer be as afraid to whack them.  
I think everyone could do it as it really boosts confidence. Service users loved it too and I enjoyed it as a group as something we could do actively together.  
De-roleing was done very well as so important.
- I didn't realise the impact this training had on me and my daughter until on a recent holiday abroad I felt threatened by a male drunk coming towards us and I mentally put a defence plan into my head ready in case we needed to defend ourselves.

Hope this is what you need and good luck with your plans to deliver this programme to schools. We all feel in today's climate that this would be highly beneficial to young people.

Yours



Gayle Coxon