



ROCK NEWS



REFRESH Seminars

Vital Statistics

The monthly Seminars in The Rock have now completed their third annual cycle, so what, if anything, have they achieved? The bare bones are these:

- 657 people have attended at least one **REFRESH** Seminar or Clinic.
- About a third of these work in Stirling Council.
- Around 40% come from smaller employers or the voluntary sector.
- About 20% are individuals who have not identified a workplace.
- Only 6% are from Stirling Baptist Church.
- 40% of seminars had an audience of over 40 people.
- 20% of seminars had audiences of under 20.
- There is no evidence of a downward trend in interest.

OK, people come, but WHAT IS ACHIEVED????

The answer to that depends on who is in focus. The Rock is in no position to follow up clients to find out what behavioural changes might be attributed to attendance at a Seminar, and it is doubtful if anyone would welcome that, or believe it even if we did. However, written feedback is taken at every seminar, and that shows that the audiences place a very high value on them, generally giving an approval rating of over 90%.

That means that they feel that they have been given helpful insight into issues affecting their personal, family, or professional life, such as **Stress, Depression, Leadership, Decision-making, Dementia, Bullying at School, Race, Bereavement, Spirituality and many others**. Often it is the kind of help that is not easy to access elsewhere.

But what is the point in topics like "The Da Vinci Code" or "Lasting Impressions—the astonishing world of forensic dentistry"?

Very importantly, these way-out topics are part of the non-stigmatising nature of the seminar programme. They try to avoid being the sort of thing people hope nobody saw them at. Intriguing topics help by allowing someone to attend a seminar on say "**Domestic Abuse**" without implying that they personally are being beaten up by their partner.



How is this financed?

People pay £2 for an excellent, healthy-eating snack lunch, but there is no other charge. Gifts to the general work of The Rock help towards the administration. Speakers are not offered a fee, but are offered expenses. To date, no-one has accepted a penny.

What next?

A small review group will be looking at the experience of the last three years. There are some pointers, e.g. a major Thistles Centre store has invited The Rock to present a seminar on Stress to its entire staff and Stirling Council are likely to host a health-related seminar. Another possible area to explore is the evident interest in the Voluntary Sector in work-related seminars. We are always on the lookout for contacts with expertise in relevant fields, or interesting stories to tell. **Please get in touch if you can help with contacts or ideas.**

Opportunities @ The Rock

- **Heart to Heart:** volunteers welcome.
- **Pray** for the community: Wednesdays 7.15—8.00 am in The Rock Centre.
- **Money Matters:** Budget coaching, presenters (training provided).
- **Website Administrator.**
- **Marketing**
- **Start-Up**
Donations of household goods welcome. If you have a few hours a month to spare, Start-Up needs you
- **Youth team (CAST):** sport, art, dance, music, getting to know the youngsters.

The Rock Needs YOUR Support

Become a member.
It's FREE.

Coming to REFRESH Seminars 4 September 2008 Dennis Canavan



THE STATE WE'RE IN Want to help?

Welcomers, catering team, reception, programme planning, chairing, ideas. First Thursday of each month except school holidays.

Interested? Contact Christine.

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