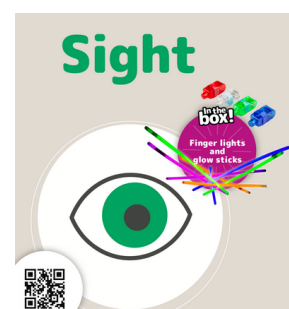
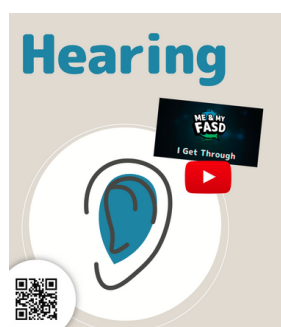




Please tell us what you think

First name \_\_\_\_\_ Age \_\_\_\_\_

Circle the activities you liked.



What was the best bit?

What could we do better?

Do you like [www.FASD.me](http://www.FASD.me)?



Would you like more magazines?



Is there anything else you would like to tell us about the Me and My FASD Club pack?

**Please return this in the self-addressed, stamped envelope.**



## Evaluation - parents/carers

The aim of this project was to give out information and activities to support families affected by FASD while face to face meeting was impossible during the COVID pandemic. We are keen to get feedback about what we have provided so that we can look to making more of the ME & MY FASD Club.

1 = worst 6 = best

Age(s) of the young person(s) \_\_\_\_\_

Ordering ----- 1 2 3 4 5 6

The overall ME & MY FASD Pack --- 1 2 3 4 5 6

Living FASD Magazine-----1 2 3 4 5 6

Other written resources----- 1 2 3 4 5 6

Sight/lights & den building ----- 1 2 3 4 5 6

Smell/scent sachets, scented pens--1 2 3 4 5 6

Taste/bamboo straws-----1 2 3 4 5 6

Sound/I get through song-----1 2 3 4 5 6

Touch/stress brain, fidget spinner-1 2 3 4 5 6

Movement/crossing the midline----1 2 3 4 5 6

Videos for the activities-----1 2 3 4 5 6

Calming cards-----1 2 3 4 5 6

Break it down board-----1 2 3 4 5 6

If you have visited the Me & My FASD website ([www.fasd.me](http://www.fasd.me)) please tell us what you think.

What was the best part of the pack?

What could we do better?

If we could produce further quarterly magazines with some activities to post out would you want to subscribe?

Do you have any further comments or suggestions?

Thank you!

**Please return this in the self-addressed, stamped envelope.**