



# SUMMARY REPORT

10-17th OCTOBER 2020

## Kerry

Mental Health  
& Wellbeing

# FEST

*94% were 'more than satisfied' or 'very satisfied' with the fest*  
*96% said they would attend a similar event again*



## PARTICIPANTS

- 84% female
- 66% 35-64 age group
- Wide spread of locations
- Participants from beyond Kerry

## EVENTS

- 59 free events
  - 40 online
  - 11 on radio
  - 8 outdoors
- 89% were happy with the day and time event was held
- 94% were 'more than satisfied' or 'very satisfied' with the 'venue'



## PROMOTION

How people heard about it:

- 35% social media
- 33% word of mouth
- 8% committee
- 6% workshop leaders
- 5% local radio
- 4% HK website





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**FEST**

## SUMMARY REPORT CON'T

### *Sample feedback from participants and instructors*

#### PARTICIPANTS

- *"It's a fantastic event."*
- *"Very much enjoying to participate and know about what is on around me and what services are available. There is so much out there and It's an amazing fest to get to know how to reach it.."*
- *"Very interesting and informative"*
- *Very accommodating & very accessible."*

#### INSTRUCTORS

- *"So delighted to involved, wonderful programme this year. So good to be able to access them online without restricting numbers and from a teacher point of view it's been wonderful to be able to offer my classes to larger numbers and not be restricted by venue sizes."*
- *"I want to commend you for coping so adroitly with the sudden change in circumstances. This Fest has to be one of the most useful to people during the current pandemic. I hope many more people were able / felt the need / were inspired to access"*
- *"Congratulations on a super event, wishing you well for the future."*
- *"Thank you for the Fest great initiative"*

#### PARTICIPANTS

- *"It's been a real pleasure to be part of the Fest. Gives a sense of 'us' and being connected"*
- *"Acquired information that I would not easily have acquired without the benefit of the Fest. Got to try out different styles of yoga and relaxation techniques that would not usually be available to me."*
- *"Every speaker I've listened to (5 so far) was knowledgeable, friendly, and engaging. The most was made of the restrictions or the current times and it was a pleasure to be part of."*
- *"Just what I needed .it fed my soul and uplifted my mood."*
- *"Fest is a wonderful event, and would love it to be an annual event."*
- *"Loved it, put a smile on my face"*