

From “confidence at zero” to “doing it all”:

How Appetite supports communities to
keep taking the next step

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Theresa's story

BEING AROUND PEOPLE AGAIN
PRESENTED, AND HELPED ME TO
OVERCOME.

CHALLENGES

Support to attend events



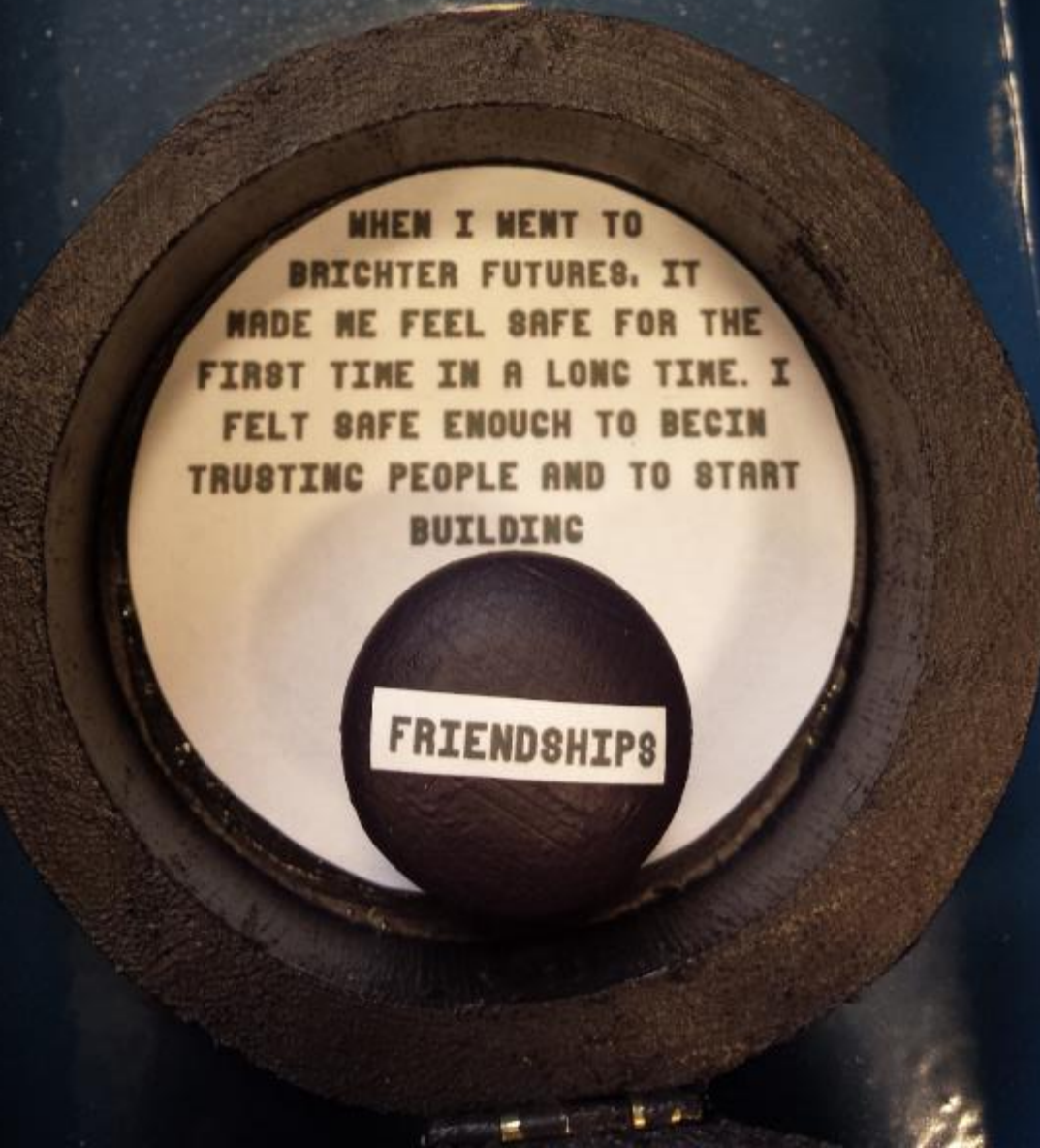
I didn't realise how big Appetite was going to be... or just how much it would take over my life!

Appetite Builders

Sam (the Appetite Builder) helped to keep everything linked. She helped to keep some cohesion between everything.



Group work



Because everyone else was there we were all as clueless as each other.

Encouraging debate and critical thinking

We would have a debate and we would disagree. But we could open each other's eyes about what we had missed

SEEING WHAT WENT ON
BEHIND THE SCENES OF
EVENTS WAS FASCINATING. I WAS
GAINING IN CONFIDENCE AND

EXPERIENCE

Volunteering



I approached 50 people at one event and gave them a questionnaire, even though I really don't like approaching people. But I did it.



Research

Some things I
thought I didn't like I
have changed my
mind on, and vice
versa.

Trust

Gemma had reservations about my choice of venue but let me run with it. She trusted me.

Gemma wouldn't do it for me, she made me do it myself.





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