UNIVERSITY OF
LINCOLN

September 29, 2023

Dear Thomas and Philip,

It is with great pleasure that I write to express my most warm-hearted gratitude for the extraordinary experience that you offered the University of Lincoln and, more generally, the citizens of Lincoln and its surrounding villages, on June 9, 2023. Performed in the Lincoln Arts Centre, “From Silence into Song” was an extraordinarily moving experience, one that prompted an outpouring of support, gratitude, and appreciation from colleagues and students.

As Head of the School of Film, Media and Journalism, I would like to share an aspect of the performance’s impact that might not be immediately apparent to you. Like many universities across the United Kingdom, and indeed, around the world, the University of Lincoln has a very large number of students who are grappling, on a daily basis, with moderate to severe mental illness. The challenges are very significant and it is clear that we cannot hope to solve the issues by relying uniquely on the specialised efforts of our dedicated and highly skilled Well-being team. By the time our students contact the Well-being team, their problems are typically very serious and what is needed is the further development of a supportive, nurturing, involving, and generally inspiring university culture, so that students who are mildly affected may find a positive path towards health, rather than declining during their university years under the weight of stress and other issues. Having recently joined the University of Lincoln from Hong Kong, a city that prides itself on its “Lion Rock spirit” (associated with treasured stories of the remarkable mental and physical strength of those who fled Mainland China to seek a brighter future in the then British colony), I was attuned to the idea that resilience and strength can be fostered through community-based activities. My hope, in bringing the “Shout at Cancer” choir to Lincoln, and in asking you to find ways to involve our students from film, sound production, journalism, and radio, was that these students would form lasting memories of what active hope and resilient coping can look like. My hope was that these students would gain a sense of perspective and would acquire lasting memories of just how strong the human spirit can be. I believe that all this is exactly what happened. And I believe that as a result a significant number of our students will struggle less, or perhaps not at all, than would otherwise have been the case.

I am immensely grateful to you both, and to the members of the choir, for having involved our students so fully and so generously in the mounting of your performance. I know for a fact that the experience was a lifechanging one for our students, and, for that matter for my colleagues. The entire process was so joyous, constructive, and positive, and in addition to all the aspects already mentioned above, the collaboration helped our students with their professional development. Thank you very much for taking the time to take me through the various ways in which our students stand to learn from the different

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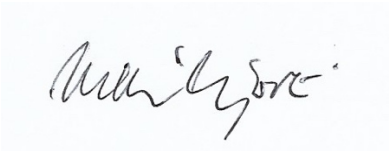
aspects of the collaborative process. Your detailed, honest feedback, offered with such kindness and in the spirit of genuinely helping our students to grow, is greatly appreciated.

On a more personal note, I can say that “From Silence into Song” will always be the highlight of 2023 for me. I look forward, very much, to exploring all the plans we have developed for further collaboration and, indeed, to writing about your important work for the “Comparative Cultures of Care” conference that takes place in Hong Kong at the beginning of November 2023.

Wishing you and your important work all the very best, I send you my most sincere hopes for your continued success.



Mette Hjort
Professor of Film and Screen Studies
Head of the Lincoln School of Film, Media and Journalism

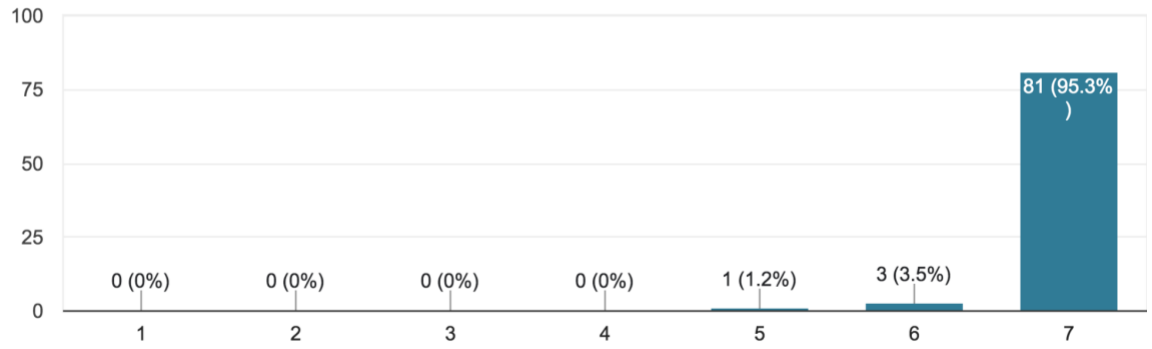
Honorary Chair Professor of Humanities, former Dean of Arts, Hong Kong Baptist University

Outspoken Jazz still growing event feedback

26 October 2022

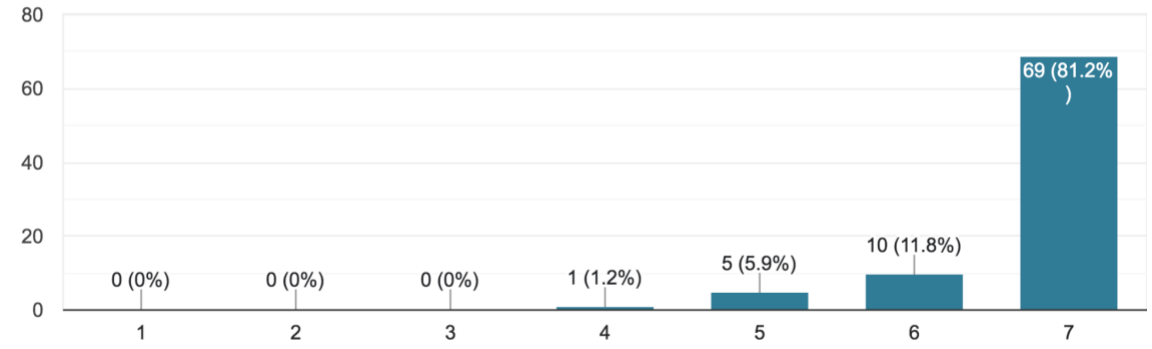
I enjoyed the Outspoken Jazz event...

85 responses



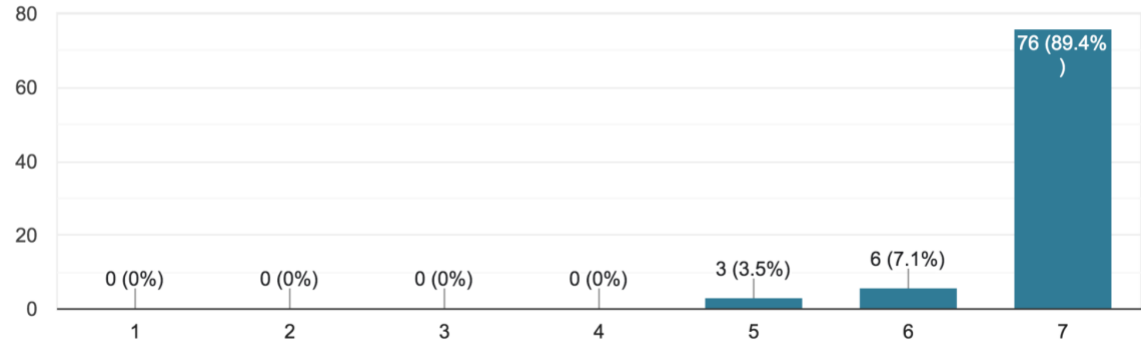
I now have a better understanding about what laryngectomy is...

85 responses



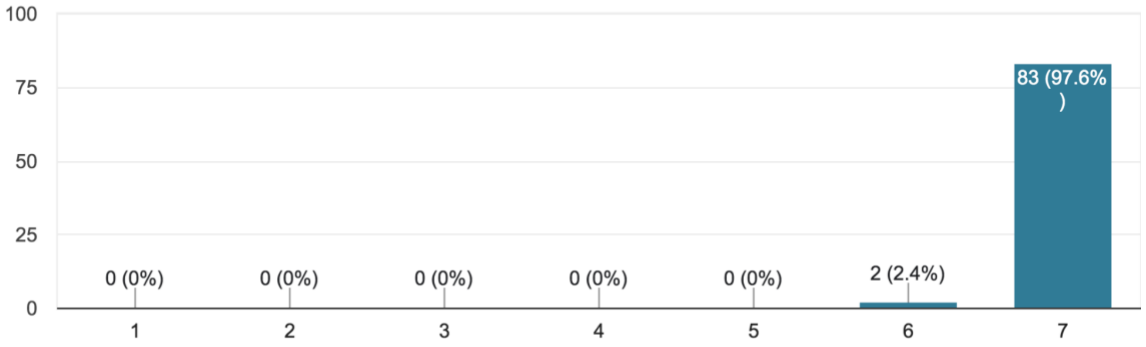
I now have a better understanding about what it means to live with laryngectomy...

85 responses



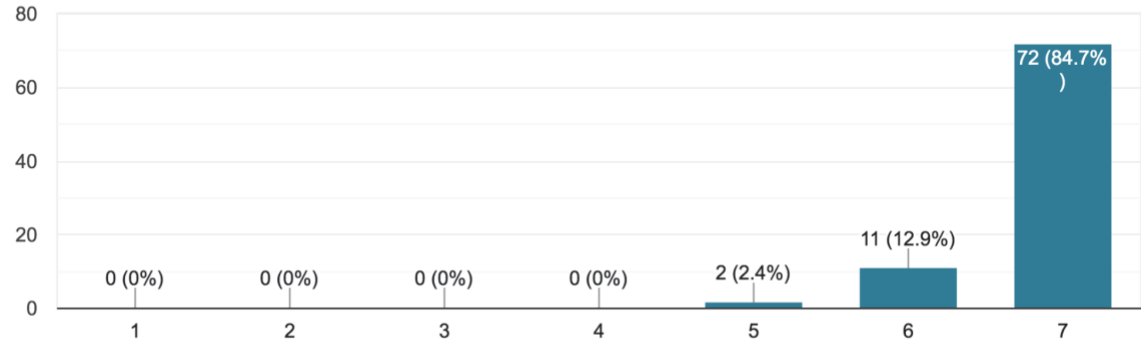
I think that it is valuable to organise public engagement events relating to medical/environmental topics...

85 responses



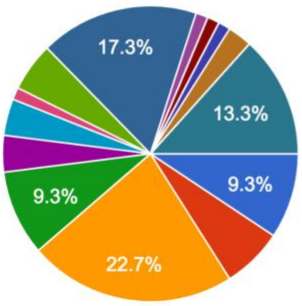
I think that the Outspoken Jazz event will have an impact on my own personal and/or professional thinking...

85 responses



Profession

75 responses

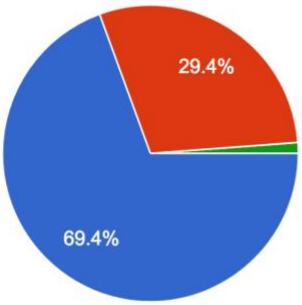


- 11 Corporate managers and directors
- 21 Science, research, engineering an…
- 22 Health professionals
- 23 Teaching and other educational pro…
- 24 Business, media and public service…
- 12 Other managers and proprietors
- 31 Science, engineering and technolo…
- 32 Health and social care associate pr…

1/4

gender

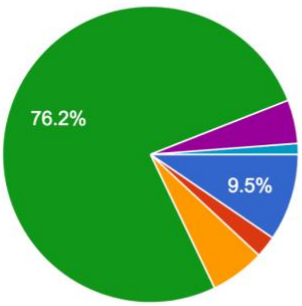
85 responses



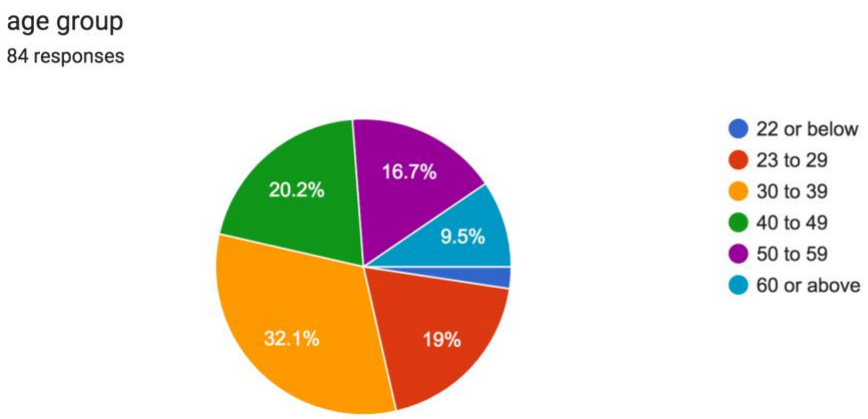
- woman/girl
- man/boy
- transwoman/transgirl
- transman/transboy
- non-binary/genderqueer/agender/gender fluid
- don't know
- prefer not to say

ethnic background

84 responses



- Asian or Asian British
- Black, Black British, Caribbean or African
- Mixed or multiple ethnic groups
- White
- Prefer not to say
- White European



What difficulties do you think individuals who had a laryngectomy face in their social reintegration?

communication
Being heard

Acceptance
Isolation and fear of judgement
Being accepted and heard
Being able to be heard and understood
Voice, communication, telephone conversations, restaurants
Difficulties in perception and intelligibility, fear of symptoms
People lack understanding of Laryngectomies
Isolation, depression
Confidence
Lack of understanding
Understanding. Fear of communication from themselves and also listeners
Isolation
Confidence, other people's lack of understanding
Being isolated, lack of public awareness/understanding, discrimination & prejudice
Fitting in, communicating
Ability to integrate in social situations
Making themselves heard, living with no or a different voice.
Our voice defines us, people are less inclined to engage if one doesn't have a voice I imagine
Feeling included
Isolation, stigma and misunderstanding
Communication, stigma
Feeling heard
Judgement from people who don't understand
Anxiety around being judged and misunderstood by others
Intolerant society, impatience, anxiety, isolation, disconnection
Self confidence, mental health, loss of communication
The
Social isolation, lack of understanding from others, ongoing physical and emotional difficulties,
Shock or uncomfortableness from people around them
Discrimination
Social interaction, communication, being misunderstood
Impatience - lack of understanding. People may be afraid of them too, as they don't understand
The looks and hence social contact
Lacking confidence to talk, social isolation, difficulties meeting other people with laryngectomies,
Misunderstandings
Isolation and difficulty to be understood
Social integration and isolation
Ignorance of their experience/ condition / needs, Prejudice
Finding new ways to express themselves, as well as grappling with ostracism, gawking, and impatience from those around them.
Getting their feelings and views across
Stigma being out of touch prejudice
People understanding them

Confidence and identifying with their new personality associated with the huge change resulting from losing the voice they were born and lived with (before they diagnosis and surgery).
Finding a new identity with a new voice
Being seen in a normal way (acknowledged that I don't know what's normal anymore) , without being judged or left out.
Difficulty in communication, particularly being heard in a crowded space
Lack of voice, isolation during treatment, change in appearance
Everything.
Dealing with people's reactions and discomfort with how they sound and communicate differently. Learning how to use their new voice and other communication tools at their disposal.
understanding from work place.
It is hard to know where to start
Accepting their differences
Being Understood
I understood from the powerful testimonies of laryngectomy patients that initial loss of voice was a terrifyingly isolating experience. There also seemed to be challenges on occasion with reactions from others
Difficulty in being understood
Social isolation as public does not understand them
Lack of confidence and judgement due to lack of public knowledge
Being able to maintain a timely conversation with their peers, and being able to input their opinion at the times that they want
Getting back to a normal life in society and feeling confident with their new voice.
Communication will be difficult especially if people are not educated about laryngectomie
Being able to communicate and be heard.
Lack of societal awareness about the nature of the disability.
Confidence, speech difficulties and having to learn adaptive ways to communicate
Lack of understanding of why their voices sound different
Ignorance and acceptance from some unthinking people who struggle with difference. But this type of event is crucial, alongside filming and social media, to encourage/provoke conversation and understanding.
Sense of loss and isolation
Being understood
Isolation, difficulties communicating, difficulty in noisy places, stigma, people staring
Lack of spaces and opportunities to socialise. Most places don't cater to people with needs outside basic ones
Acceptance, communication, confidence
Isolation, fear and communication issues

What difficulties do you think that former offenders face in their social reintegration?

trust
Being trusted
A second chance
Prejudice, fear from others, lack of confidence
Being accepted
Judgement, assumptions, fear
Judgement
Misinterpretation
Self belief and stigma
"Social
Isolation, prejudice "
Isolation as well - ignorance of the public
Changes in people's views, other people's judgement and opinions
Prejudice, judgement
Fitting in, finding their place
Judgement
Discrimination, isolation.
Lack of trust

Actually, the same, feeling included
Isolation, stigma and misunderstanding
Stigma, communication skills
Loneliness
Judgement from people who don't understand
Much the same, being judged on past actions despite what they may be like now
Intolerant society, impatience, anxiety, isolation, disconnection
Social judgement
The verbal interaction with people on the day today basis.
All of the above!
Fear from people around them
Stigma of their past
N/a
Just about anything - much prejudice
Social isolation, prejudice, adapting to being out of prison
Judgement
Isolation, fear and prejudice
Trust and negative bias
Ignorance of their experience/ condition / needs, Prejudice
Ostracism, stigma, and becoming familiar again with ways of life outside of prison, perhaps finding new ways to live their old lives.
Suspicion and uncertainty about their intentions
Pretty much the same but also fear of rejection
Settling back into life, people having moved on
Stigma and trust.
Don't understand this question
A reluctance to trust
Social barriers, judgement,
Shame. Lack of acceptance. Feeling of guilt.
Social stigma, self confidence, sense of purpose, hope, barriers in accessing opportunities, lack of opportunities
to find work, to be trusted by neighbours,
Prejudice
Prisoners may experience issues around the change in a structured routine to an unstructured one, feelings of resentment and loneliness from long periods in cells and possibly in fear and wariness from People in society.
Building trusting relationships
Judgemental society
Social judgement
Again, confidence in feeling a part of society who is valued and cared for. Challenges with judgement.
Préjudice and fear
Being accepted and accepting that people need periods of adjustment.
Mainly overcoming the social stigma attached to having been in prison.
N/A
People may be fearful of them or not willing to give them a chance
Stigma and unforgiving bias. They may have to go to extra lengths to prove / justify themselves.

Acceptance and trust
Being understood
Isolation, fear, embarrassment
Stuka attached to them. People's lack of capacity to look past a person's history and therefore holding their past against them
Acceptance, communication and language difficulties
Judgement, communication issues, isolation, fear

Any further comments / feedback

Well done!
Thank you for an amazing performance
Brilliant event, so inspirational and amazing
Was really important and moving
Amazing! Truly inspirational and moving. Will recommend it to everyone.
Wonderful and UNIQUE event
This is a great cause
Another moving, meaningful, musical evening!
Thank you so much, this was an amazing evening and so informative. What an incredible charity!

Great event. Well done. Very useful
Amazing performance, so meaningful and powerful!
The most beautiful, informative thing I have seen in a long time!
Absolutely loved the show!
Wonderful event
Absolutely inspiring - more please
Incredibly moving and educational
N/a
Thoroughly enjoyed this. Uplifting, warm and inspirational. So positive even though must be extraordinarily difficult
The event was amazing.
The work of Shout at Cancer is so important and impactful
Great show well done.
Fantastic and ambitious project - truly moving to see all the choir members front and centre, collaborating with professional artists
Thanks for a fascinating and emotive evening. Very well done indeed.
So uplifting and moving in so many ways! Such passion! I'm a student speech therapist
Really appreciate events like this coming to light. Society.
Amazing and most moving evening
I was impressed. Thank you very much.
It’s a very powerful and inclusive message
N/a
I enjoyed the evening. However, I felt that the lead singer sometimes drowned out the choir. Also, it would have been nice to hear more from choir members during the Q&A
No
Would love some more beatboxing
Incredible performance, I was totally moved.
I found the whole evening inspiring, useful and so informative
Brilliant, moving, educational and entertaining event.
Really excellent event. Well considered. Loved the song choices and loved seeing the choir enjoying the performance. Also really valued the Q&A. Important to understand the science and technology around laryngectomies as well as the human stories of difficulties and triumphs. Really great!!
Very moving event - beautiful visuals and music
The evening with the singers, music, art and q&a was inspiring, creative and overwhelmingly positive. The talented, courageous people on stage provided a large dose of what we all need in these challenging times; a sense of beauty in humanity that restores and excites the soul.
"Keep
Doing what you are doing. It’s inspirational "
Lovely project
Really fantastic, well rounded event. I connected with it on so many levels - very poignant reminder of our role in society to extend ourselves more if we have the capacity to help others to make their life more joyful and reduce their hardships
It was very moving and a great showcase of the excellent work involved in the rehabilitation of laryngectomy patients via powerful music, stories and visuals.

Lincoln Arts Centre ‘From Silence into Song’ Audience Quotes

I really enjoyed it I thought it was interesting, how they made the music and how they composed it and everything.

I like it when they were talking about the trees, and about the history of it and how they link the radiation into the performance.

I think what it was, was an incredible privilege to be in that room with those people. They’ve all been through an such an incredible journey that I think is the tip of the iceberg or what they’re experiencing. To be in that room and to celebrate their fight against adversity and to stay positive and bring that incredible music and compositions was just mind blowing.

I think my favourite moment was the water percussion. The swimming. I thought it was so interesting. And I want to know everything about water percussion now. And also, how people who have had laryngectomy can still swim and how they go about this.

There was a moment where I had tears in my eyes. As they were singing, I could still sense the heartbreak of losing their voices. I really felt that.

It was just the real sense of togetherness that both audience and performer alike felt. Everyone was very present in that room. As a journey we were all going through this together. It was very binding experience and a once in the lifetime of experience, it was very honourable to be a part of.

It was very moving, really beautiful and very touching. I was really blown away by the poetic nature of the whole thing. It was very beautifully done and had several powerful messages behind it. A really lovely way to spend a few hours of a Friday evening.

It was one of the grounding moments that sort of reinvigorates your feeling and zest for life. You take it all for granted when you're going through the small things, and you realise these people have gone through such trauma and they come out the other side and turn it into such hope and positivity. They've been empowered by this and they spread a really powerful message.

The thing I have taken away is just the amazing marriage of the laryngectomy survivor choir and the way they married that with the voices of trees. Two voices that needed to be heard more and it was great to see how these two voices come together.

It's such a unicorn unique moment. It's not a show that comes around and there were so many different parts that comes together, and it was very special because of that. And then you get the liveness. So, you have the liveness of the performance and then the performance itself is unique because of the so many parts. So, there's something really special about that.. being in a live space.

The experience was absolutely visceral. And as Phil Clemo pointed out, the concept keeps growing and new elements are introduced, the whole project around the trees that is an ever-expanding project. There were also a lot of new things to think about. And I would say I find the experiences so rich and there's so much going on. The water percussion element was so new, and then Phil Clemo with all his homemade invented

instruments to simulate the sound of the trees. It's ever expanding. It's very very rich. I felt the audience were really really warm and the choir was very well received. You want this to be joyous event where audience and performer come together, and I felt they did. There was a lot of enthusiasm and a lot of warmth and gratitude expressed.

There was a really nice moment at the beginning where one of the choir members told us to stop and do it again. It was a really powerful moment where the choir took charge in that moment.
My favourite moment.. I quite liked the "do it again" I thought that was really quite wonderful. I though the poems that articulated what it was like to lose one's voice but also to find a way forward was really powerful. The trees the experimental parts, the implications of the listening to nature and I felt all of that really moving and philosophically really intriguing. But it was especially the voices of the choir that I felt were extraordinarily powerful.

I think the message is that life is not necessarily going to be easy, and tragedy can strike at any time, and that the important thing is to know that when it does you have strength within you and there is strength to be found in reaching out to other people. For me, this an event, a performance that absolutely embodies the concept of resilience and I think that is something we need to see and I'm so very grateful for that.

Timestamp	I enjoyed the Outspoken	I now have a better under	I now have a better under	I think that it is valuable to	I think that the Outspoken	What difficulties do you th	What difficulties do you th	Any further comments / fe	Profession	gender	ethnic background	age group
25/10/2022 22:36:34	7	7	7	7	7	communication	trust	well done!	21 Science, research, eng	man/boy	White	50 to 59
26/10/2022 20:38:25	7	7	7	7	7					woman/girl	White	23 to 29
26/10/2022 20:38:26	7	7	7	7	7	Being heard	Being trusted		21 Science, research, eng	woman/girl	White	30 to 39
26/10/2022 20:38:37	7	7	7	7	7				23 Teaching and other edi	woman/girl	White	30 to 39
26/10/2022 20:38:37	7	7	7	7	7	Acceptance	A second chance		22 Health professionals	woman/girl	Asian or Asian British	30 to 39
26/10/2022 20:38:41	7	7	7	7	7					man/boy	White	30 to 39
26/10/2022 20:39:00	7	6	7	6	7	Isolation and fear of judge	Prejudice, fear from other	Thank you for an amazing	34 Culture, media and spo	man/boy	Mixed or multiple ethnic g	40 to 49
26/10/2022 20:39:03	7	7	7	7	7				35 Business and public se	woman/girl	Mixed or multiple ethnic g	23 to 29
26/10/2022 20:39:06	7	7	7	7	7	Being accepted and hear	Being accepted	Brilliant event, so inspirati	22 Health professionals	woman/girl	White	23 to 29
26/10/2022 20:39:06	7	7	7	7	7	Being able to be heard and understood			71 Sales occupations	woman/girl	White	30 to 39
26/10/2022 20:39:15	7	7	7	7	7					woman/girl	White	60 or above
26/10/2022 20:39:17	7	7	7	7	7	Voice, communication, tele	phone conversations, restaurants		32 Health and social care	man/boy	Mixed or multiple ethnic g	30 to 39
26/10/2022 20:39:17	7	7	7	7	7	Diffoculties in perception a	Judgement, assumptions, fear		22 Health professionals	woman/girl	White	23 to 29
26/10/2022 20:39:18	7	7	7	7	7	People lack understanding	Judgement	Was really important and	Other	woman/girl	White	23 to 29
26/10/2022 20:39:21	7	7	7	7	7	Isolation, depression	Misinterpretation		71 Sales occupations	man/boy	White	30 to 39
26/10/2022 20:39:24	7	6	7	7	7	Confidence	Self belief and stigma		22 Health professionals	man/boy	White	30 to 39
26/10/2022 20:39:26	7	7	7	7	7	Lack of understanding	Social Isolation, prejudice		23 Teaching and other edi	woman/girl	White	60 or above
26/10/2022 20:39:28	7	7	7	7	7	Understanding. Fear of com	munication from themselves and also listeners		22 Health professionals	woman/girl	White	40 to 49
26/10/2022 20:39:29	7	7	7	7	7					woman/girl	White	23 to 29
26/10/2022 20:39:32	7	7	7	7	7			Amazing! Truly inspiration	22 Health professionals	woman/girl	White	23 to 29
26/10/2022 20:39:32	7	7	7	7	7	Isolation	Isolation as well - ignoran	Wonderful and UNIQUE e	31 Science, engineering a	man/boy	White	60 or above
26/10/2022 20:39:34	7	7	7	7	7	Confidence, other people'	Changes in peoples views, other peoples judgement		22 Health professionals	woman/girl	White	23 to 29
26/10/2022 20:39:35	7	7	7	6	6				34 Culture, media and spo	man/boy	White	40 to 49
26/10/2022 20:39:35	7	6	6	7	7	Being isolated, lack of put	Prejudice, judgement		22 Health professionals	woman/girl	Asian or Asian British	22 or below
26/10/2022 20:39:38	7	7	7	7	7	Fitting in, communicating	Fitting in, finding their place		22 Health professionals	woman/girl	White	40 to 49
26/10/2022 20:39:44	7	7	7	7	7	Ability to integrate in socia	Judgement		24 Business, media and p	woman/girl	White	30 to 39
26/10/2022 20:39:51	7	7	6	7	6	Making themselves heard	Discrimination, isolation.	This is a great cause	34 Culture, media and spo	woman/girl	White	
26/10/2022 20:39:52	7	4	6	7	6	Our voice defines us, peo	Lack of trust		32 Health and social care	woman/girl	White	40 to 49
26/10/2022 20:39:54	7	7	7	7	7	Feeling included	Actually, the same, feeling	Another moving, meaning	23 Teaching and other edi	woman/girl	White	50 to 59
26/10/2022 20:39:59	7	7	7	7	7	Isolation, stigma and misu	Isolation, stigma and misu	Thank you so much, this v	22 Health professionals	woman/girl	White	23 to 29
26/10/2022 20:40:06	7	7	7	7	6	Communication, stigma	Stigma, communication sk	Great event. Well done. V	24 Business, media and p	man/boy	White	50 to 59
26/10/2022 20:40:07	7	7	7	7	7	Feeling heard	Loneliness	Amazing performance, so	meaningful and powerful!	woman/girl	White	22 or below
26/10/2022 20:40:08	7	7	7	7	7				34 Culture, media and spo	woman/girl	White	50 to 59
26/10/2022 20:40:11	7	7	7	7	7	Judgement from people w	Judgement from people w	The most beautiful, informative thing I have seen in		woman/girl	White	23 to 29
26/10/2022 20:40:11	7	7	7	7	7	Anxiety around being judg	Much the same, being jud	Absolutely loved the show	21 Science, research, eng	woman/girl	White	30 to 39
26/10/2022 20:40:36	7	7	7	7	7	Intolerant society, impatie	Intolerant society, impatie	Wonderful event	Other	woman/girl	White	30 to 39
26/10/2022 20:40:37	7	7	7	7	7	Self confidence, mental h	Social judgement		22 Health professionals	woman/girl	Prefer not to say	23 to 29
26/10/2022 20:40:39	7	7	7	7	7	The	The verbal interaction with people on the day today		11 Corporate managers a	man/boy	Black, Black British, Carib	50 to 59
26/10/2022 20:40:39	7	7	7	7	6	Social isolation, lack of un	All of the above!	Absolutely inspiring - mor	12 Other managers and p	woman/girl	White	50 to 59
26/10/2022 20:40:49	7	7	7	7	7	Shock or uncomfortablene	Fear from people around them		Other	woman/girl	White	30 to 39
26/10/2022 20:40:52	7	7	7	7	7	Discrimination	Stigma of their past	Incredibly moving and edu	11 Corporate managers a	woman/girl	White	30 to 39
26/10/2022 20:40:52	7	7	7	7	7	Social interaction, commu	N/a	N/a	Other	woman/girl	White	30 to 39
26/10/2022 20:41:03	7	7	7	7	7	Impatience - lack of under	Just about anything - muc	Thoroughly enjoyed this. I	23 Teaching and other edi	woman/girl	White	50 to 59
26/10/2022 20:41:08	7	7	7	7	7	The looks and hence social	contact		63 Community and civil er	man/boy	White	60 or above
26/10/2022 20:41:10	7	7	7	7	7	Lacking confidence to talk	Social isolation, prejudice	The event was amazing.		woman/girl	White	30 to 39
26/10/2022 20:41:29	7	7	7	7	7	Misunderstandings	Judgement		34 Culture, media and spo	woman/girl	White	40 to 49
26/10/2022 20:41:39	7	7	7	7	7	Isolation and difficulty to b	Isolation, fear and prejudi	The work of Shout at Can	23 Teaching and other edi	woman/girl	White	40 to 49
26/10/2022 20:41:44	6	6	7	7	7					man/boy	Asian or Asian British	23 to 29
26/10/2022 20:41:48	7	5	5	7	6	Social integration and isol	Trust and negative bias	Great show we'll done.	12 Other managers and p	man/boy	White	40 to 49
26/10/2022 20:42:02	7	5	7	7	7	Ignorance of their experie	Ignorance of their experie	Fantastic and ambitious p	34 Culture, media and spo	man/boy	White	30 to 39
26/10/2022 20:42:05	7	7	7	7	7	Finding new ways to expr	Ostracism, stigma, and becoming familiar again with		23 Teaching and other edi	man/boy	Mixed or multiple ethnic g	40 to 49
26/10/2022 20:42:06	7	7	7	7	6	Getting their feelings and	Suspicion and uncertainty	Thanks for a fascinating a	23 Teaching and other edi	man/boy	White	40 to 49
26/10/2022 20:42:10	7	7	7	7	7	Stigma being out of touch	Pretty much the same but	So uplifting and moving in	22 Health professionals	woman/girl	White	50 to 59
26/10/2022 20:42:35	7	7	7	7	7	People understanding the	Settling back into life, people having moved on		41 Administrative occupat	woman/girl	White	30 to 39
26/10/2022 20:42:52	7	7	7	7	7	Confidence and identifying	Stigma and trust.	Really appreciate events l	11 Corporate managers a	woman/girl	White European	40 to 49
26/10/2022 20:42:59	7	7	7	7	7	Finding a new identity wit	Don't understand this que	Amazing and most moving	34 Culture, media and spo	woman/girl	White	60 or above
26/10/2022 20:43:05	7	7	7	7	7	Being seeing in a normal	way (acknowledged that I	don't know what's normal a	21 Science, research, eng	transman/transboy		23 to 29
26/10/2022 20:43:06	7	7	7	7	7	Difficulty in communicatio	A reluctance to trust		Other	woman/girl	Prefer not to say	60 or above
26/10/2022 20:44:23	7	7	7	7	7	Lack of voice, isolation du	Social barriers, judgement,		32 Health and social care	woman/girl	White	30 to 39
26/10/2022 20:44:34	7	6	7	7	7	Everything.	Shame. Lack of acceptance. Feeling of guilt.		32 Health and social care	man/boy	Asian or Asian British	23 to 29
26/10/2022 20:44:57	7	7	7	7	7	Dealing with people's reac	Social stigma, self confidence, sense of purpose, ho		11 Corporate managers a	woman/girl	White	40 to 49
26/10/2022 20:45:06	7	7	7	7	7	understanding from work	to find work, to be trusted	I was impressed. Thank y	Other	woman/girl	Asian or Asian British	30 to 39
26/10/2022 20:45:40	7	6	6	7	7	It is hard to know where to start			24 Business, media and p	man/boy	White	50 to 59
26/10/2022 20:45:44	7	7	7	7	7	Accepting their difference	Prejudice	It's a very powerful and in	21 Science, research, eng	man/boy	Asian or Asian British	30 to 39
26/10/2022 20:47:17	7	5	6	7	7				Other	woman/girl	Asian or Asian British	30 to 39
26/10/2022 21:09:54	7	7	7	7	6	Being Understood			11 Corporate managers a	woman/girl	White	30 to 39

Timestamp	I enjoyed the Outspoken J	I now have a better under	I now have a better under	I think that it is valuable to	I think that the Outspoken	What difficulties do you th	What difficulties do you th	Any further comments / fe	Profession	gender	ethnic background	age group
26/10/2022 21:13:29	7	7	7	7	6	I understood from the pow	Prisoners may experience	N/a	11 Corporate managers a	man/boy	White	40 to 49
26/10/2022 21:49:07	5	5	5	7	5	Difficulty in being understo	Building trusting relationsl	I enjoyed the evening. Ho	22 Health professionals	woman/girl	White	30 to 39
26/10/2022 21:49:14	7	7	7	7	7				12 Other managers and p	man/boy	White	50 to 59
26/10/2022 21:52:08	7	7	7	7	7	Social isolation as public (	Judgemental society	No	34 Culture, media and spo	woman/girl	Asian or Asian British	30 to 39
26/10/2022 21:55:05	6	5	7	7	7	Lack of confidence and ju	Social judgement	Would love some more be	22 Health professionals	woman/girl	White	23 to 29
26/10/2022 22:06:44	7	7	7	7	7	Being able to maintain a t	imely conversation with their	peers, and being able to	22 Health professionals	woman/girl	White	23 to 29
26/10/2022 22:23:21	7	7	7	7	7	Getting back to a normal l	Again, confidence in feelir	Incredible performance, I	was totally moved.	woman/girl	White	30 to 39
26/10/2022 23:17:09	7	7	7	7	7	Communication will be dif	Prejudice and fear	I found the whole evening	Other	woman/girl	White	50 to 59
26/10/2022 23:32:31	7	7	7	7	7	Being able to communicat	Being accepted and accep	ting that people need peri	Other	woman/girl	Prefer not to say	30 to 39
26/10/2022 23:43:07	7	7	7	7	7	Lack of societal awarenes	Mainly overcoming the so	Brilliant, moving, educatio	34 Culture, media and spo	man/boy	White	60 or above
27/10/2022 00:26:29	7	6	5	7	5	Confidence, speech difficu	N/A	Really excellent event. We	34 Culture, media and spo	woman/girl	Black, Black British, Carib	40 to 49
27/10/2022 07:26:11	7	7	7	7	7	Lack of understanding of v	People may be fearful of t	Very moving event - beautiful visuals and music		woman/girl	White	50 to 59
27/10/2022 08:05:24	7	6	7	7	6	Ignorance and acceptance	Stigma and unforgiving bi	The evening with the sing	34 Culture, media and spo	man/boy	White	50 to 59
27/10/2022 08:53:54	7	7	7	7	7	Sense of loss and isolatio	Acceptance and trust	Keep Doing what you are doing	11 Corporate managers a	man/boy	White	50 to 59
27/10/2022 09:35:03	6	6	6	7	6	Being understood	Being understood	Lovely project	34 Culture, media and spo	woman/girl	White	60 or above
27/10/2022 21:45:40	7	7	7	7	7	Isolation, difficulties comn	Isolation, fear, embarrassment		22 Health professionals	woman/girl	White	40 to 49
28/10/2022 08:38:38	7	6	7	7	7	Lack of spaces and oppor	Stuka attached to them. P	Really fantastic well round	34 Culture, media and spo	woman/girl	Prefer not to say	30 to 39
28/10/2022 22:08:58	7	7	7	7	7	Acceptance, communicati	Acceptance, communication and language difficulties		22 Health professionals	woman/girl	White	40 to 49
29/10/2022 10:36:12	7	7	7	7	7	Isolation, fear and commu	Judgement, communicati	It was very moving and a	Other	man/boy	Mixed or multiple ethnic g	40 to 49

Timestamp	I enjoyed the Outspoken	I now have a better under	I now have a better under	I think that it is valuable to	I think that the Outspoken	What difficulties do you th	What difficulties do you th	Any further comments / fe	Profession	gender	ethnic background	age group
04/11/2022 14:21:35	7	7	7	7	7					woman/girl	White	23 to 29
04/11/2022 14:21:39	7	7	7	7	7				22 Health professionals			
04/11/2022 14:22:14	7	7	7	7	7	Being heard - even with voice restoration- very uniq		Brought me to tears	22 Health professionals	woman/girl	White	40 to 49
04/11/2022 14:22:57	7	5	5	7	7	Communication	Stigma	Great performance	22 Health professionals	woman/girl	White	50 to 59
04/11/2022 14:23:03	7	7	7	7	7	Being understood by othe	Stigma	It was so emotional	22 Health professionals	woman/girl	Arab	30 to 39
04/11/2022 14:23:18	7	7	7	7	7	Communication challenge	Prejudice, lack of support,	lack of skills	22 Health professionals	woman/girl	White	30 to 39
04/11/2022 14:23:21	7	7	7	7	7	Isolation, difficulty being heard, being judged, misunderstanding			22 Health professionals	woman/girl	White	30 to 39
04/11/2022 14:23:41	7	7	7	7	7	Communication, adjusting	Being accepted into socie	Was really moving to wate	22 Health professionals	woman/girl	White	23 to 29
04/11/2022 14:23:48	7	7	5	7	6	People not immediately re	Don't understand the ques	Great performance very ir	31 Science, engineering a	man/boy	White	50 to 59
04/11/2022 14:24:07	7	7	7	7	7	Difficult to communicate a	Social isolation		22 Health professionals	woman/girl	White	40 to 49
04/11/2022 14:24:26	7	6	6	6	4	Lots of social issues	Poeple not knowing what	or how to treat them	22 Health professionals	woman/girl	White	40 to 49
04/11/2022 14:27:07	7	7	7	7	7	Communication, other pe	Same	Excellent event needs to l	22 Health professionals	woman/girl	White	50 to 59
04/11/2022 15:05:12	7	7	7	7	7				22 Health professionals	woman/girl	White	23 to 29
07/11/2022 06:23:43	7	7	7	7	7	Environmental factors in s	Acceptance from General	public	22 Health professionals	woman/girl	White	40 to 49