

chances4change Annual Report 2010

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About this report

This report provides more detail on the key headline data required for the BIG Lottery's End of Year report, 2010.

Data provided by projects has been sorted and cleaned prior to inclusion in this report. This has involved ensuring that all appropriate information is required, missing or inaccurate data has been deleted, summary data not relevant to the agreed objectives has not been included. This sorted data is included in the appendices to this report, including calculations under each type of activity undertaken under each strand.

Summary calculations are included and interpreted in the main body of this report, showing how results differ in the detail of the different kinds of activity.

Further reports, legacy papers and other publications will be developed for the chances4change management team from non-headline data not summarised here (e.g. qualitative findings). An end of project report will bring together all key reporting from the portfolio to date.

If you have any questions about this report, require any further information or wish to request any of the data mentioned here, please contact jo.belcher@portsmouthcc.gov.uk

Physical activity strand

By November 2011 - 53,663 people from excluded groups targeted in our portfolio would have taken part in activities aimed at increasing physical activity and/or activities aimed at supporting others to increase their physical activity levels. From evaluation responses, we estimate 65% of people will have demonstrated an increase in their physical activity, fitness levels or motivation to be more active in the future.

Headline quantitative findings

From evaluation responses received covering the year 2010, 75.2% had increased their self-reported levels of physical activity, fitness levels or motivation to be more active in the future. There was a high overall response level of 76% evaluation responses out of those who took part in the activities evaluated.

Full details of the data used in this calculation and measures used can be found in Appendix One. A summary appears below, in Table 1.

	% evaluated	% increase
Attitude before & after	85.7%	80.0%
Attitude change at end	69.2%	71.2%
Gentle exercise change at end	86.0%	88.4%
PA levels before and after	70.7%	58.8%
PA level judgement at end	80.5%	80.1%
Training of staff in skills to carry out activities	91.6%	88.8%
Follow up scores (levels of PA after project ends)	48.0%	59.0%
Overall average	76.0%	75.2%

Table 1. Averages for each component of the physical activity headline calculation.

As can be seen in Table 1, each summary type of data used has shown an increase of at least 59% (where people were followed up after completing an activity), with the top score being 88.4% of people increasing their fitness in gentle exercise (postural stability work). Individual scores vary in terms of the percentages evaluated, with the lowest percentage occurring with those followed up, as might be expected, where projects are advised to target a smaller percentage of people (random where possible, but limited to those who agree to be followed up) due to logistical constraints.

The data above represents 77% of the total number of projects reporting under the physical activity strand. Appendix Four summarises why projects provided incomplete or unusable data (where known) and actions to be taken as a result.

Qualitative findings

All projects were asked to report on any qualitative information they had collected, summarising key themes, differences between people and details of how they had gained this information. They were also asked to provide case studies. Given the need to report adequately on key headline data to a tight deadline, not all of this additional, qualitative data has been summarised for each strand, but work will continue on it beyond this initial deadline and it will be available by the end of January 2011.

A summary of key findings is available on request for the physical activity strand as this data has been summarised already. The full information provided by all projects is also available for interested parties.

Unexpected outcomes

All projects were asked to report on any unexpected outcomes for their project. The full responses are available in Appendix Five.

The range of outcomes covered were:

- Partnership working with other organisations
- Friendships blossoming outside sessions for beneficiaries
- Successful bid with another partner
- Other streams of work organised to meet needs of those not well served by project
- Need to reprint/send out more materials as so popular
- Bid with partner met through chances4change work
- Found a new way to engage young men in dance activities
- Beneficiaries became volunteers with the organisation
- Quality of life/wellbeing impact of work
- Healthy eating impact/opportunities for work
- Service staff used their cars less
- Young people got opportunity to visit local football club VIP area!

Mental wellbeing strand

By November 2011 - 28,666 people from excluded groups targeted in our portfolio would have taken part in activities aimed at improving mental wellbeing or challenging stigma around mental health issues. From evaluation responses we estimate 65% of people will show improved mental health through preventative approaches.

Headline quantitative findings

From evaluation responses received covering the year 2010, we found that 84.4% of people reported having improved mental health through preventative approaches, including, as agreed, benefits on proxy variables or awareness of mental health needs. There was an excellent overall response level of 77% of evaluation responses out of those who took part in the activities that were evaluated.

Full details of the data used in this calculation and measures used can be found in Appendix Two. A summary appears below, in Table 2.

	% evaluated	% improved
Skills and knowledge before & after	93.8%	97.4%
Skills and knowledge afterwards only	78.7%	86.9%
Wellbeing scores before & after (WEMWBS)	42.0%	65.3%
Wellbeing scores at follow-up	100.0%	93.8%
Proxy scores before & after activity (relaxation level)	62.5%	80.0%
Proxy scores afterwards	85.0%	83.2%
Overall average	77.0%	84.4%

Table 2. Averages for each component of the mental wellbeing headline calculation.

As can be seen in Table 2, each summary type of data used has shown that at least 65.3% of people improved their scores (in this case, on the Warwick Edinburgh Mental Wellbeing Scale) with the largest improvement 97.4% of people increasing their skills and knowledge in mental wellbeing (this relates only to the mental health awareness training programme, SAMHAG). The lower rate of 42% returns of the WEMWBS was due to Get Active reporting they had very few (26%) usable forms for pre- and post- activity returned. Otherwise there is a reasonable evaluation percentage rate for each type of data returned.

The data above represents 60% of the total number of projects reporting under the mental wellbeing strand as a primary strand. Appendix Four summarise why projects provided incomplete or unusable data (where known) and actions to be taken as a result. In this case of this strand, this includes projects that it has been agreed can report in a qualitative way only, such as

For You Too and Creativity4health, who did not report on the total number of people taking part in their activities, so provided incomplete information. As agreed, some projects report on mental wellbeing as a secondary strand, which need only be expressed through qualitative data. Half of these projects did, however, include quantitative data on wellbeing.

Qualitative findings

All projects were asked to report on any qualitative information they had collected, summarising key themes, differences between people and details of how they had gained this information. They were also asked to provide case studies. Given the need to report adequately on key headline data to a tight deadline, not all of this additional, qualitative data has been summarised for each strand, but work will continue on it beyond this initial deadline and it will be available by the end of January 2011.

The full information provided by all mental wellbeing projects is available on request.

Unexpected outcomes

All projects were asked to report on any unexpected outcomes for their project. The full responses given under the mental wellbeing strand are available in Appendix Six. Most of the outcomes listed below relate to people who have mental health problems, as this group were a priority client group for these projects.

The range of outcomes covered were:

- Partnership working with other organisations
- Beneficiary getting grant for training
- Working with a wider client group than before
- Successful fundraising under project
- Beneficiaries becoming more confident to contribute to training
- Beneficiary-led taster exercise sessions put on
- Beneficiaries gaining confidence to go back into education
- Some sessions being too difficult at first, but completed in a later run
- Greater demand than anticipated for activities
- Friendships blossoming between beneficiaries outside sessions
- Longer term beneficial changes to young person involved in art project
- Calming effect of being in local woods for beneficiaries seen as challenging
- People travelling long distances to attend courses
- Project intend to improve their monitoring
- Collaborative bid put in with other organisation
- Beneficiary got first formal job
- Beneficiaries became volunteers with the organisation

Healthy eating strand

By November 2011 - 27,457 people from excluded groups targeted in our portfolio would have taken part in healthy eating activities and/or activities aimed at supporting others to improve their eating habits. From evaluation responses we estimate 65% of people would have increased their knowledge and skills around healthy eating, have greater access to healthy food or shown an increase in healthy eating.

Headline quantitative findings

From evaluation responses received covering the year 2010, we found that 75.6% of people reported having increased their knowledge and skills around healthy eating, having greater access to healthy food or showing an increase in healthy eating. There was a reasonable overall response level of 65.1% of evaluation responses out of those who took part in the activities.

Full details of the data used in this calculation and measures used can be found in Appendix Three. A summary appears below, in Table 3.

	% evaluated	% improved
Skills and knowledge before & after	70.70%	82.30%
Skills and knowledge after judgement	72.90%	81.90%
Fruit and vegetables consumed before & after	58.00%	69.00%
Weight loss/fruit & vegetables after judgement	59.80%	85.40%
Follow-up fruit & vegetables consumption	33.30%	60.00%
Cookery leader training before & after	74.40%	89.70%
Cookery leader rating afterwards	76.30%	93.30%
Follow-up use of training/change of practice (leaders)	75.50%	43.30%
Overall average	65.11%	75.61%

Table 3. Averages for each component of the healthy eating headline calculation.

As can be seen in Table 3, each summary type of data used has shown an increase of at least 43% with the top score being 93.3% of people rating they had increased their knowledge after completing cookery leader courses. Individual scores vary in terms of the percentages evaluated, with the lowest percentage occurring with those followed up, as might be expected, where projects are advised to target a smaller percentage of people (random where possible, but limited to those who agree to be followed up) due to logistical constraints. In the case above, this represents the results of only one project (see Appendix Three).

The data above represents 79% of the total number of projects reporting under the healthy eating strand. Two projects provided qualitative data (Fresh Ideas Network and Healthy Eating Programme). Appendix Four summarise why projects provided incomplete or unusable data (where known) and actions to be taken as a result.

Qualitative findings

All projects were asked to report on any qualitative information they had collected, summarising key themes, differences between people and details of how they had gained this information. They were also asked to provide case studies. Given the need to report adequately on key headline data to a tight deadline, not all of this additional, qualitative data has been summarised for each strand, but work will continue on it beyond this initial deadline and it will be available by the end of January 2011.

The full information provided by all healthy eating projects is available on request.

Unexpected outcomes

All projects were asked to report on any unexpected outcomes for their project. The full responses given under the mental wellbeing strand are available in Appendix Seven.

The range of outcomes covered were more diverse, and covered:

- Partnership working with other organisations
- Made transition to secondary school easier
- Supported school's aims to become 'extended schools'
- Older children became mentors to younger children
- How linked food and music are with familial culture
- People nervous about participating in focus groups
- Some schools tried to exclude Traveller children claiming they may not be able to take part in the sessions in the longer term
- Many Health Activists have become paid members of staff in statutory services
- Family's discovered the benefits of sitting down to a meal together
- Volunteers increasing their awareness of the benefits of eating fruit and vegetables
- Publication of a recipe book locally
- Need to reprint materials as so popular
- Beneficiaries becoming more confident through activities
- Greater demand than anticipated for activities
- Friendships blossoming between beneficiaries outside sessions
- Beneficiaries attend for social reasons
- Our two chances4change projects have been far more complementary than we expected

- Consultation for DVD has led to increased understanding of population's needs
- Resources used with wider audience than originally intended
- Exceeded beneficiary numbers
- Improvement in concentration among attendees leads to school asking them to target more challenging pupils
- Mainstreamed an aspect of the project

Capacity-building projects

Two projects do not fit under any of the strands, but instead provide support to all other projects in the chances4change portfolio: the Building Blocks project and Supported Volunteering Toolkit. This section summarises their results from 2010.

Headline quantitative findings

Both projects provided training to other chances4change projects during 2010. The full results broken down by project and training can be found in Appendix Eight. Overall, 86.4% of people increased their skills and knowledge in the relevant areas, with an excellent response rate of 86.4% overall.

Qualitative findings

All projects were asked to report on any qualitative information they had collected, summarising key themes, differences between people and details of how they had gained this information. They were also asked to provide case studies. Given the need to report adequately on key headline data to a tight deadline, not all of this additional, qualitative data has been summarised for each strand, but work will continue on it beyond this initial deadline and it will be available by the end of January 2011.

A summary of key findings is available on request for the capacity-building strand as this data has been summarised already. The full information provided by both projects is also available for interested parties.

Unexpected outcomes

Only two were identified (by Building Blocks) – the departure of the Networks and Learning Manager before the final year of the project and the development of potential research opportunities beyond the closure date of Building Blocks.

Appendices

Appendix One

Scores before and after activity

Project name	Attitude Measured	How Measured	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Kids' Club	I wish I didn't have to do physical activity but I know it's important for my health (Adult)	Questionnaire (5 = really like; 1 = dislike)	1	2	35	35	35	100.0%	100.0%
Kids' Club	How much do you like running and jumping and playing sports? (Children)	Questionnaire (7 = really like; 1 = dislike)	2	5	18	30	42	71.4%	60.0%
Average								85.7%	80.0%

Scores after activity only

Project name	Attitude Measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Leisure opportunities for people with learning disabilities	Being more confident about taking part in sport and physical activity.	Questionnaire	Questionnaire (3=more confident, 2= a little more confident)	22	22	42	52.4%	100.0%

Project name	Attitude Measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Sorted! Tea Time to Dance	Mid point evaluation -Will you continue to dance in the future	Questionnaire	Everyone who said agree or strongly agree on a 5 point scale	4	4	8	50.0%	100.0%
Active, Healthy Crawley	I plan to continue exercising / It has made me think about exercising in the future	Questionnaire / feedback	Everyone who circled the chosen word	40	90	276	32.6%	44.4%
Detached Play Workers	Have the sessions encouraged you to be more active	Questionnaire	Everyone who said yes (not maybe or no)	33	44	98	44.9%	75.0%
Move & Munch	Are you taking part in more sport now because of Move and Munch?	Questionnaire	Agree to strongly disagree on 4 point scale	28	30	40	75.0%	93.3%
Move & Munch	Has Move and Munch motivated you to do more exercise?	Questionnaire	Agree- strongly disagree to on a 4 point scale	25	30	40	75.0%	83.3%
VitaliSE	"Taking part in this performance increased my interest in dance"	Questionnaire distributed to participants involved in our performance strand	Everyone who said 'Yes'	62	70	106	66.0%	88.6%

Project name	Attitude Measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
VitaliSE	"This performance motivated me to attend my dance lessons more regularly than normal"	Questionnaire distributed to participants involved in our performance strand	Everyone who said 'Yes'	44	70	106	66.0%	62.9%
VitaliSE	"I feel inspired to do more dancing than I did before"	Questionnaire distributed to participants involved in our regional tour strand	Everyone who answered Yes	157	517	698	74.1%	30.4%
Sheppey Community Involvement Project	I improved my physical activity	Questionnaire	Everyone who scored 3 and 4 on 4 point scale	17	20	20	100.0%	85.0%
Go Well	Today's event made me want to get more active	Questionnaire	Chosen in list of take up a new hobby or start volunteering - appears some chose more than one.	35	119	363	32.8%	29.4%
Vice to Health	"I am now happy to walk at least a mile to my meeting with my support worker"	Individual care plan reviews and general discussion.	Number of service users now walking over a mile to meet their support worker.	14	14	14	100.0%	100.0%

Project name	Attitude Measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Naturally Active	Will you consider using a green space/countryside for a healthy activity in the future?	Questionnaire	Those who answered "yes"	66	82	82	100.0%	80.5%
Naturally Active	Would you have undertaken this healthy activity, if Naturally Active had not organised it?	Questionnaire	Those who answered "yes"	20	82	82	100.0%	24.4%
Averages							69.2%	71.2%

Gentle exercise – scores after activity only

Project name	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Sheppey Community Involvement Project	I saw an improvement in my physical wellbeing	Questionnaire	Everyone who scored 3 and 4 on 4 point scale	18	19	20	95.0%	94.7%
Sheppey Community Involvement Project	I saw an improvement in my flexibility	Questionnaire	Everyone who scored 3 and 4 on 4 point scale	20	22	23	95.7%	90.9%
Sheppey Community Involvement Project	My physical activity level improved	Questionnaire	Everyone who scored 3 and 4 on 4 point scale	15	19	20	95.0%	78.9%
Active Wight	Health Improvement	<i>Questionnaire and interview</i>	<i>The responses of people who felt health improvement after the course/sessions</i>	35	50	50	100.0%	70.0%
Active Wight	fitness and flexibility	Questionnaire and interview	The responses of people who felt they felt an improvement in flexibility or overall fitness	32	50	50	100.0%	64.0%

Project name	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Postural Stability	Improved my physical fitness'	Questionnaire (Good Neighbour Project, Tunbridge Wells, Last quarter)	Everyone who said 'agree or 'strongly agree' on a 5 point scale	42	45	77	58.4%	93.3%
Postural Stability	Helped me to exercise more'	Questionnaire (Good Neighbour Project, Last quarter)	Everyone who said 'agree or 'strongly agree' on a 5 point scale	38	45	77	58.4%	84.4%
Postural Stability	Improved my physical fitness'	Questionnaire (Aggregated All 5 projects, last quarter)	Everyone who said 'agree or 'strongly agree' on a 5 point scale	80	83	122	68.0%	96.4%
Postural Stability	Helped me to exercise more'	Questionnaire (Aggregated 3 projects, Good Neighbour, Edenbridge and Swanley, last quarter)	Everyone who said 'agree or 'strongly agree' on a 5 point scale	49	58	95	61.1%	84.5%
Naturally Active	Have the activities improved your personal fitness?	Long Term Questionnaire	Everyone who said "yes"	7	7	7	100.0%	100.0%

Project name	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Naturally Active	Have the activities helped to improve your flexibility?	Long Term Questionnaire	Everyone who said "yes"	7	7	7	100.0%	100.0%
Naturally Active	Have these activities encouraged you to exercise more and try new activities?	Long Term Questionnaire	Everyone who said "yes"	7	7	7	100.0%	100.0%
Average							86.0%	88.1%

Self-reported physical activity scores before and after activity

Project name	What was measured?	How was this measured?	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Wellbeing Coordinator	Days of activity	Questionnaire	2.7	3.3	80	153	900	17.0%	52.3%
Healthy & Active Parishes	Days of activity - adults	Questionnaire	2.42	3.25	67	102	254	40.2%	65.7%
Healthy & Active Parishes	Days of activity - young people	Questionnaire	4.15	4.82	58	101	225	44.9%	57.4%
Kids' Club	Days of activity (Adult)	Questionnaire	2	2	0	35	35	100.0%	0.0%
Kids' Club	Days of activity (Children)	Questionnaire	2	4	18	30	42	71.4%	60.0%

Project name	What was measured?	How was this measured?	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
The Active for Life Project	Days of activity	Questionnaire	2.6	2.9	6	43	43	100.0%	14.0%
Active Communities	Days of activity	Questionnaire	3	4	780	1,012	1647	61.4%	77.1%
VitaliSE	Days of activity (Adults)	Questionnaire to participants who worked intensively with us on the regional tour strand	4.9	5.1	10	31	31	100.0%	32.3%
VitaliSE	Days of activity (Children)	Questionnaire to participants who worked intensively with us on the regional tour strand	5.6	6	6	10	10	100.0%	60.0%
Reading Health Activists	Days per week of physical activity levels recorded pre and post	Questionnaire	7.4	10.2	27	29	61	47.5%	93.1%
Active Workplace	Days of activity	Questionnaire	3.2	4.3	9	10	13	76.9%	90.0%
Active workplace	Cycling challenge	Questionnaire			165.56	493	906	54.4%	33.6%

Project name	What was measured?	How was this measured?	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Health & Wellbeing for People with Mental Health Problems	Details not given - but battery of questions used.	Initial assessment followed up by 12 week review. Database captures scores at beginning and end of intervention	14.4	17.21	80	137	274	50.0%	58.4%
Naturally Active	BP improvement	Nurse measurements			3	5	5	100.0%	60.0%
Naturally Active	Lost weight	Nurse measurements			4	5	5	100.0%	80.0%
Naturally Active	Waist measurement reduced	Nurse measurements			5	5	5	100.0%	100.0%
Particip8	Days of physical activity levels recorded pre and post? (Not stated).	Questionnaire	3.1	4	15	15	378	4.0%	100.0%

Project name	What was measured?	How was this measured?	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Active Surrey - Breaking the tape	Days of at least 30 minutes exercise (Sport Unlimited Boccia)	Questionnaire	3	4.2	115	207	207	100.0%	55.6%
Active Surrey - Breaking the tape	Days of at least 30 minutes exercise (Surrey Youth Games)	Questionnaire	3	3.2	27	256	256	100.0%	10.5%
Health Mentors for Older People	Assume is days of activity	Questionnaires and Verbal Feedback	1	2.1	38	50	109	45.9%	76.0%
Averages								70.7%	58.8%

Self-reported physical activity scores after activity only

Project name	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Activate!	Positive effect on lifestyle	Evaluation written and verbal	Everyone who scored excellent	45	51	51	100.0%	88.2%
Activate!	Positive effect on health	Evaluation written and verbal	Everyone who scored very good	38	51	51	100.0%	74.5%
Activate!	The range and quality of physical activities provided	Evaluation written and verbal	Everyone who scored very good	39	51	51	100.0%	76.5%
Leisure Opportunities for people with learning disabilities	Carers' opinion that the person they care for is more active as a result of the project	Questionnaire	Said Yes	13	17	42	40.5%	76.5%
Sorted! Tea Time to Dance	Do you feel fitter or more energetic as a result of the activity?	Questionnaire	Everyone who said agree or strongly agree on a 5 point scale	5	8	8	100.0%	62.5%
Sorted! Tea Time to Dance	Mid point evaluation - Has taking part in this made you feel better physically	Questionnaire	Everyone who said agree or strongly agree on a 5 point scale	3	4	8	50.0%	75.0%
Sorted! Tea Time to Dance	"How do you feel physically after participating in this activity?"	Questionnaire	Number of positive responses	69	73	110	66.4%	94.5%

Project name	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Move & Munch	Do you feel your fitness improved due to taking part in Move and Munch?	Questionnaire	Agree- strongly disagree on 4 point scale	28	30	40	75.0%	93.3%
Sheppey Community Involvement Project	The number of days I exercised a week increased.	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	9	11	12	91.7%	81.8%
Sheppey Community Involvement Project	I felt more able to carry out everyday activities after the course.	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	8	11	13	84.6%	72.7%
Active Workplace	Self report are more active than before the course	Questionnaire for Return2 Fitness course	not known	10	10	10	100.0%	100.0%
Active Workplace	Heart-rate recovery improvement	Heart rate testing	Heart rate testing	7	10	10	100.0%	70.0%
Active Wight	The sessions encouraged me to take more activity	Questionnaire	those people who responded with a yes on questionnaire	22	25	50	50.0%	88.0%
Active Wight	the number of hours of physical activity per week	Interview	those people who responded with 3 or more hours per week	12	25	50	50.0%	48.0%

Project name	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Get Active	The holiday improved my feelings of physical wellbeing	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 10 point scale	8	8	8	100.0%	100.0%
Averages							80.5%	80.1%

Self-reported physical activity score at follow-up

Project name	What was measured?	How measured?	Average score at first session for those followed up	Average score at follow up	Numbers of people who have increased their score from first session to follow up	Numbers who took part in evaluation	Numbers who took part in activity overall	% evaluated	% who increased their score
Healthy & Active Parishes	Days of activity - adult	Questionnaire	2.26	3.12	29	42	254	16.5%	69.0%
Healthy & Active Parishes	Days of activity - young people	Questionnaire	4.08	4.78	31	50	225	22.2%	62.0%
The Active for Life Project	Days of activity per week	Questionnaire	7	4	0	1	43	2.3%	0.0%
VitaliSE	Days of activity per week	Follow up questionnaire to participants who worked with us intensively on the regional tour strand	5.2	5.3	1	6	31	19.4%	16.7%
My Body, My Life	30 minutes of swimming a week	Participation	0	7	10	12	12	100.0%	83.3%
My Body, My Life	30 minutes of water aerobics a week	Participation	0	10	7	7	7	100.0%	100.0%

Project name	What was measured?	How measured?	Average score at first session for those followed up	Average score at follow up	Numbers of people who have increased their score from first session to follow up	Numbers who took part in evaluation	Numbers who took part in activity overall	% evaluated	% who increased their score
My Body, My Life	60 minutes of dancing a week	Participation	0	10	7	7	7	100.0%	100.0%
Active Workplace	Used their 12 for 10 cards after the sessions finished	Use of vouchers			10	10	10	100.0%	100.0%
Get Active	Days of activity per week	Questionnaire			6	20	110	18.2%	30.0%
Get Active	New activities taken up	Questionnaire			7	20	110	18.2%	35.0%
Active Wight	number of hours of physical activity per week month after sessions	Questionnaire and interview	2.24	2.88	6	25	50	50.0%	24.0%
Health Mentors for Older People	Assume is days of activity	Questionnaire	1	3.3	28	32	109	29.4%	87.5%
Average								48.0%	59.0%

Training people to carry out physical activities – afterwards only

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Wellbeing Coordinator	"Walking the Way to health"- Volunteer walk leader training	Volunteer's confidence and understanding to lead walks, delivery of training session	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	7	7	7	100.0%	100.0%
Sorted! Tea Time to Dance.	Developing skills for Creative Dance with older people - Understanding Ageing and Problems Associated with it	Was this training day helpful?	Questionnaire	Everyone who answered Yes	10	10	10	100.0%	100.0%

Project name		What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
	Training								
Sorted! Tea Time to Dance.	Developing skills for Creative Dance with older people - Developing Creative Dance and Movement with Older Adults Suffering from Mental Health Problems	Was this training day helpful?	Questionnaire	Everyone who answered Yes	12	12	13	92.3%	100.0%
Sorted! Tea Time to Dance.	CPD with Anne Colvin - Seated Dance in Care Homes	Did you feel you developed your skills through these CPD sessions?	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	2	2	2	100.0%	100.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Sorted! Tea Time to Dance.	CPD with Anne Colvin - Seated Dance in Care Homes	Did you feel you developed your Confidence through these CPD sessions?	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	2	2	2	100.0%	100.0%
Sorted! Tea Time to Dance.	CPD with Anne Colvin - Seated Dance in Care Homes	Did you have confidence in your CPD leader	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	2	2	2	100.0%	100.0%
Active, Healthy Crawley	Volunteer Health walk training	Walking for health evaluation form	Evaluation of after the training	Everyone who said 'agree or 'strongly agree' on a 5 point scale	75	80	80	100.0%	93.8%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
VitaliSE	Fundraising for youth dance 1-day course	Confidence and skill in writing funding applications	Questionnaire	Everyone who said 'agree' when asked if the course had developed their skills in writing funding applications	3	3	3	100.0%	100.0%
VitaliSE	Fundraising for youth dance 1-day course	Ability to raise funds following training	Follow-up emails 3 months after course	Everyone who had successfully raised funds for their youth dance work since the course	2	3	3	100.0%	66.7%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
VitaliSE	Managing a Youth Dance Company 1-day course	Understanding of good practice when managing a youth dance company	Questionnaire	Everyone who said 'agree' when asked if the course had developed their understanding of good practice	11	13	13	100.0%	84.6%
VitaliSE	Managing a Youth Dance Company 1-day course	Ability to set up and run own Youth Dance Company	Follow-up email 3 months after course	Everyone who had set up a youth dance company of their own since the course	3	5	13	38.5%	60.0%
Active Wight	Return to Sport - governing body training courses	The training would provide additional skills to increase physical activity levels	<i>Questionnaire - course feedback</i>	the number of people who felt sessions would improve due to the training	12	20	25	80.0%	60.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Active Wight	Community sports leaders course	the training would provide additional skills to increase physical activity levels	Questionnaire	the number of people who felt sessions would improve due to the training	21	25	25	100.0%	84.0%
Active Wight	Dance - street dance	the training would provide additional skills to increase physical activity levels	Questionnaire	the number of people who felt sessions would improve due to the training	2	2	2	100.0%	100.0%
Active Wight	Disability inclusion course	the training would provide additional skills to increase physical activity levels	Questionnaire	the number of people who felt sessions would improve due to the training	6	20	30	66.7%	30.0%
Active Wight	Street games - conference	the training would provide additional skills to increase physical activity levels	Questionnaire	the number of people who felt sessions would improve due to the training	1	1	2	50.0%	100.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Active Wight	Inclusive Gym course	the training would provide additional skills to increase physical activity levels	Questionnaire	the number of people who felt sessions would improve due to the training	2	2	2	100.0%	100.0%
Go Well	Day Certificate in Activity Leadership adapted for use with Wii Fit	I feel more competent in using the Wii Console	Questionnaire	Unknown	10	12	12	100.0%	83.3%
Go Well	Day Certificate in Activity Leadership adapted for use with Wii Fit	Increased skills and knowledge	Questionnaire	Unknown	12	12	12	100.0%	100.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Go Well	Day Certificate in Activity Leadership adapted for use with Wii Fit	Saw as useful/relevant	Questionnaire	Unknown	12	12	12	100.0%	100.0%
Active Surrey - Breaking the Tape	Adapted Sport training	How useful did you find this course	Questionnaire	Everyone who rated 4 or 5 on the scale	13	15	19	78.9%	86.7%
Active Surrey - Breaking the Tape	How to coach disabled people	Will this course help with your future coaching of disabled people	Questionnaire	Everyone who rated 4 or 5 on the scale	25	30	33	90.9%	83.3%
Active Surrey - Breaking the Tape	How to teach cheerleading to young people with disabilities	Will you be using the skills learnt in your school sessions	Questionnaire	Everyone who rated 4 or 5 on the scale	9	9	9	100.0%	100.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Active Surrey - Breaking the Tape	Boccia leaders course	Will you be using the skills learnt in your school sessions	Questionnaire	Everyone who rated 4 or 5 on the scale	20	20	20	100.0%	100.0%
Average								91.6%	88.8%

Appendix Two

Skills and knowledge – before and after scores

Project name	Skills/knowledge/confidence	How Measured	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
SAMHAG	Composite scores on six sessions	Number of correct answers on quiz	9.3	39.8	74	76	81	93.8%	97.4%

Skills and knowledge – scores after only

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
All Sorts	" I feel more confident in asking for practical and emotional support rather than turn it in on myself"	Assertiveness Training Evaluation	Everyone who said 'agree or 'strongly agree' on a 4 point scale	16	18	18	100.0%	88.9%
All Sorts	" I have learned ways of calming myself in distressing situations"	Assertiveness Training Evaluation	Everyone who said 'agree or 'strongly agree' on a 4 point scale	14	18	18	100.0%	77.8%
All Sorts	"I feel more able to recognise and avoid risk, e.g. bullying, sexually"	Protective Behaviours Training Evaluation	Everyone who said 'agree or 'strongly agree' on a 4 point scale	15	22	22	100.0%	68.2%

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
All Sorts	" I have developed skills in communicating positively with others, where we both gain"	Negotiation Skills Training Evaluation	Everyone who said 'agree or 'strongly agree' on a 4 point scale	13	19	19	100.0%	68.4%
All Sorts	"I am developing leadership skills which enables me to take on more responsibility in running the support group and being a mentor for younger less confident members."	Kent County Council Youth Leadership Skills Training Evaluation	Everyone who said 'agree or 'strongly agree' on a 4 point scale	2	3	3	100.0%	66.7%
Baby Explorers	Agreed that their communication and play with their baby had improved	Questionnaire	Everyone who answered positively to this question	54	56	56	100.0%	96.4%
Baby Explorers	Had used the techniques outside the sessions	Questionnaire	Everyone who answered positively to this question	45	56	56	100.0%	80.4%

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
My Body, My Life	Higher awareness of barriers to people with mental health accessing local leisure facilities	Through liaison and informal information sharing and training with centre manager and staff team	Everyone had said they had learnt more about MH and the social exclusion barriers and wished to gain more in-depth knowledge	7	7	7	100.0%	100.0%
My Body, My Life	Awareness of how to engage people with mental health issues in mainstream classes	liaison and pre and post discussions with tutor	Have adapted practice and class to better meet need of client group	2	2	2	100.0%	100.0%
Active Workplace	I feel better informed about stress management	Questionnaire	Everyone who ticked yes	21	21	23	91.3%	100.0%
Active Workplace	Did the course challenge myths about mental health?	Questionnaire	Everyone who ticked yes	19	20	22	90.9%	95.0%

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Active Workplace	Did the course help you understand what it is like to live with a mental health problem	Questionnaire	Everyone who ticked yes	20	20	22	90.9%	100.0%
Active Workplace	I have a better understanding of how food can effect your mood	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	12	14	20	70.0%	85.7%
Active Wight	Assist training Course (Tutor training)	course evaluations and feedback	The number of people who felt the course would improve services	1	1	1	100.0%	100.0%
Vice to Health	Staff feel more confident with supporting service users with Mental Health Issues and are able to identify where there is a 'need' to work collaboratively with other agencies.	2 day training course covering a wide range of issues relating to Mental Health.	Staff team	2	2	2	100.0%	100.0%
Vice to Health	Staff have been able to support and identify service users where there has been a Risk Of Serious Harm	Safeguard training and Mental Health Training	Staff team	2	2	2	100.0%	100.0%

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Vice to Health	"I have learned ways to improve my self-esteem and self-confidence".	Service users attending Women's Wisdom empowerment sessions.	Attendees at the session	17	17	17	100.0%	100.0%
Prevention of Eating Disorders	Eating Disorders Awareness Workshops - Value (of the workshop)	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	466	498	656	75.9%	93.6%
Prevention of Eating Disorders	Eating Disorders Awareness Workshops - Relevance (of the workshop to job)	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	437	500	656	76.2%	87.4%
Prevention of Eating Disorders	Eating Disorders Awareness Workshops - As a result of this workshop do you think you know more about? The causes of eating disorders?	Questionnaire	Everyone who said yes from a choice of yes, unsure, no	443	489	656	74.5%	90.6%
Prevention of Eating Disorders	Eating Disorders Awareness Workshops - As a result of this workshop do you think you know more about - The medical treatment?	Questionnaire	Everyone who said yes from a choice of yes, unsure, no	334	483	656	73.6%	69.2%

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Prevention of Eating Disorders	Eating Disorders Awareness Workshops - As a result of this workshop do you think you know more about - Recognising the person with the problem?	Questionnaire	Everyone who said yes from a choice of yes, unsure, no	448	492	656	75.0%	91.1%
Prevention of Eating Disorders	Eating Disorders Awareness Workshops - As a result of this workshop do you think you know more about - What to do to help them?	Questionnaire	Everyone who said yes from a choice of yes, unsure, no	424	488	656	74.4%	86.9%
Prevention of Eating Disorders	Eating Disorders Awareness Workshops - As a result of this workshop do you think you know more about - Where to get advice / help?	Questionnaire	Everyone who said yes from a choice of yes, unsure, no	451	481	656	73.3%	93.8%
Prevention of Eating Disorders	Evaluation of the Pantry Showcase- The thinking behind the Pantry	Questionnaire	Everyone who scored 1 or 2 on a 5 point scale, where 1 = excellent and 5 =poor	14	15	46	32.6%	93.3%

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Prevention of Eating Disorders	Evaluation of the Pantry Showcase - Do you know more about the prevention of Eating Disorders?	Questionnaire	Everyone who said yes from a choice of yes, unsure, no	6	15	46	32.6%	40.0%
Prevention of Eating Disorders	Evaluation of the Pantry Showcase - Do you know more about the Pantry creative approaches?	Questionnaire	Everyone who said yes from a choice of yes, unsure, no	15	15	46	32.6%	100.0%
Prevention of Eating Disorders	Evaluation of the Pantry Showcase - Do you know more about how to get involved in the Pantry?	Questionnaire	Everyone who said yes from a choice of yes, unsure, no	13	15	46	32.6%	86.7%
Prevention of Eating Disorders	Evaluation of the Pantry Showcase - Do you know more about how to use the Pantry with young people?	Questionnaire	Everyone who said yes from a choice of yes, unsure, no	14	15	46	32.6%	93.3%
Prevention of Eating Disorders	Evaluation of the Pantry Showcase - Do you know more about where to get advice / help for young people	Questionnaire	Everyone who said yes from a choice of yes, unsure, no	8	15	46	32.6%	53.3%
Average							78.7%	86.9%

Wellbeing scores before and after activity

Project name	What was measured?	How was this measured?	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Outreach & Resettlement Project	Score on WEMWBS	WEMWBS	37.7	45.4	29	36	62	58.1%	80.6%
Get Active	Score on WEMWBS	WEMWBS	42.6	41.2	10	20	77	26.0%	50.0%
Average								42.0%	65.3%

Wellbeing follow-up scores

Project name	What was measured?	How measured?	Average score at first session for those followed up	Average score at follow up	Numbers of people who have increased their score from first session to follow up	Numbers who took part in evaluation	Numbers who took part in activity overall	% evaluated	% who increased their score
Active Workplace	Self-reported self esteem	Unknown			24	24	24	100.0%	100.0%
Active Workplace	Self-reported increased concentration, memory and alertness	Unknown			21	24	24	100.0%	87.5%
Average								100.0%	93.8%

Proxy wellbeing measure before and after activity

Project name	Proxy variable for wellbeing	How Measured	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Get Active	Relaxation level	Questionnaire	33	17	8	10	16	62.5%	80.0%

Proxy wellbeing measure after activity only

Project name	Proxy variable for wellbeing	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Active Wight	following the training I felt I have learned a new skill	informal feedback group	Everyone who said 'agree or 'strongly agree	13	15	20	75.0%	86.7%
Active Wight	I shall be more confident to engage in other activities following this project	informal feedback group	Everyone who said 'agree or 'strongly agree'	12	15	20	75.0%	80.0%
Active Wight	I feel my life has improved following this activity/project	informal feedback group	Everyone who said 'agree or 'strongly agree'	10	15	20	46.9%	66.7%
Active Wight	I made new friends	informal feedback group	Everyone who said 'agree or 'strongly agree'		15	20	75.0%	0.0%
Active Wight	I felt part of the group and engaged in the project (making new friends within the group)	informal feedback group	Everyone who said agree or strongly agree	12	15	20	75.0%	80.0%

Project name	Proxy variable for wellbeing	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Active Wight	"I found some sports I enjoyed and made friends during the courses of activity	Questionnaire	Everyone who said 'agree or 'strongly agree'	37	50	50	100.0%	74.0%
Activate!	Effect on confidence	Evaluation written and verbal	Everyone who scored excellent	42	51	51	100.0%	82.4%
Activate!	Effect on social life	Evaluation written and verbal	Everyone who scored very good	28	51	51	100.0%	54.9%
All Sorts	"I learned a new skill that I can use"	Postcard consultations	Everyone who said 'agree or 'strongly agree' on a 4 point scale	26	32	32	100.0%	81.3%
All Sorts	"I've met people here I can talk to when things get tough"	Postcard Consultations	Everyone who said 'agree or 'strongly agree' on a 4 point scale	25	32	32	100.0%	78.1%
All Sorts	"I've been given some practical ideas about dealing with difficult situations"	Postcard Consultations	Everyone who said 'agree or 'strongly agree' on a 4 point scale	24	32	32	100.0%	75.0%
Sorted! Tea Time to Dance	Mid point evaluation - Has taking part in this made you feel better emotionally/mentally	Questionnaire	Everyone who said agree or strongly agree on a 5 point scale	3	4	8	50.0%	75.0%

Project name	Proxy variable for wellbeing	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Sorted! Tea Time to Dance	Mid point evaluation - Has taking part in this made you feel better emotionally/mentally	Questionnaire	Everyone who said agree or strongly agree on a 5 point scale	3	4	8	50.0%	75.0%
Sorted! Tea Time to Dance	Mid point evaluation - Has taking part been positive socially	Questionnaire	Everyone who said agree or strongly agree on a 5 point scale	4	4	8	50.0%	100.0%
Sorted! Tea Time to Dance	"Did participating improve/help your mood"	Questionnaire	Number who responded 'Yes' (Made me happy/excited)	74	75	110	68.2%	98.7%
Active, Healthy Crawley	I felt Energised	Questionnaire / feedback	Everyone who circled the chosen word	44	90	276	32.6%	48.9%
Healthy Mind, Healthy Body	Where confidence had increased as a result of the Celebrate Yourself course run by the Wellbee-ing Project	End of course assessment form	Everyone who said they agreed that their confidence had been increased	10	10	10	100.0%	100.0%
My Body, My Life	Forgetting about things and the exercise making me feel good	Questionnaire	Everyone who scored on a 0-10 scaling	30	31	33	93.9%	96.8%

Project name	Proxy variable for wellbeing	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Sheppey Community Involvement Project	My stress levels have improved	Questionnaire	Questionnaire 1=disagree strongly; 2=disagree; 3=agree; 4=agree strongly	9	12	13	92.3%	75.0%
Sheppey Community Involvement Project	I am able to deal with problems easier	Questionnaire	Questionnaire 1=disagree strongly; 2=disagree; 3=agree; 4=agree strongly	11	12	13	92.3%	91.7%
Get Active	The holiday improved my feelings of mental wellbeing	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 10 point scale	8	8	8	100.0%	100.0%
Go Well	Reported experiencing enjoyment (to a greater or lesser extent) from the social aspect of the session	Questionnaire	Taster in Boccia	9	9	9	100.0%	100.0%

Project name	Proxy variable for wellbeing	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Go Well	Reported experiencing enjoyment (to a greater or lesser extent) from the social aspect of the session	Questionnaire	Chair-based exercise group	5	5	5	100.0%	100.0%
Go Well	Reported experiencing enjoyment (to a greater or lesser extent) from the social aspect of the session	Questionnaire	Fitness session	57	57	57	100.0%	100.0%
Go Well	Reported experiencing enjoyment (to a greater or lesser extent) from the social aspect of the session	Questionnaire	Hurst Green	8	8	8	100.0%	100.0%
Go Well	Reported experiencing enjoyment (to a greater or lesser extent) from the social aspect of the session	Questionnaire	Wii Tasters	30	37	37	100.0%	81.1%

Project name	Proxy variable for wellbeing	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Go Well	Reported experiencing enjoyment (to a greater or lesser extent) from the social aspect of the session	Questionnaire	Exercise taster	16	17	17	100.0%	94.1%
Go Well	Reported experiencing enjoyment (to a greater or lesser extent) from the social aspect of the session	Questionnaire	EXTEND tasters	41	41	41	100.0%	100.0%
Go Well	Reported they enjoyed the social aspect and it lifted their spirits	Questionnaire	Trip to 'Oklahoma'	18	18	18	100.0%	100.0%
Go Well	Reported they enjoyed the social aspect and it lifted their spirits	Questionnaire	Trip to Eastbourne	15	15	20	75.0%	100.0%
Average							85.0%	83.2%

Appendix Three

Skills & knowledge before and after activity

Project name	Skills/knowledge/ confidence	How Measured	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Sheppey Community Involvement Project	I feel confident cooking a meal from scratch	Questionnaire 1=disagree strongly; 2=disagree; 3=agree; 4=agree strongly	5.83	8.15	7	9	9	100.0%	77.8%
Sheppey Community Involvement Project	I am happy preparing vegetables	Questionnaire 1=disagree strongly; 2=disagree; 3=agree; 4=agree strongly	6.13	8	10	11	11	100.0%	90.9%
Sheppey Community Involvement Project	I eat healthily	Questionnaire 1=disagree strongly; 2=disagree; 3=agree; 4=agree strongly	5.85	7.98	9	9	9	100.0%	100.0%

Project name	Skills/knowledge/confidence	How Measured	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Sheppey Community Involvement Project	I feel happy using recipes	Questionnaire 1=disagree strongly; 2=disagree; 3=agree; 4=agree strongly	5.83	8.62	8	9	9	100.0%	88.9%
Sheppey Community Involvement Project	I am a good shopper	Questionnaire 1=disagree strongly; 2=disagree; 3=agree; 4=agree strongly	5.72	7.47	7	8	8	100.0%	87.5%
Family Cookery	Do you prepare/cook meals from scratch	Questionnaire Number of days 0-7	5	7	21	37	53	69.8%	56.8%
Family Cookery	How many times on average would you and your family eat ready meals or take outs	Questionnaire number of days 0-7	1	0	22	37	53	69.8%	59.5%
Cook & Eat Surrey	I am more confident in the kitchen	Questionnaire	3	4	17	17	180	9.4%	100.0%
Cook & Eat Surrey	I have learnt more about food labels, ingredients and everyday nutrition	Questionnaire	3	5	15	15	180	8.3%	100.0%

Project name	Skills/knowledge/confidence	How Measured	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Health & Wellbeing for People with Mental Health Problems	From battery of questions.	Initial assessment followed up by 12 week review. Database captures scores at beginning and end of intervention	45.3	48.05	84	137	274	50.0%	61.3%
Average								70.7%	82.3%

Skills & knowledge scores collected after activity only

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Detached Play Workers	Willingness to try new foods	Bush tucker trial' questions	Said 'Yes'	7	8	8	100.0%	87.5%

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Healthy Mind, Healthy Body	Have increased knowledge of the importance of fruit and vegetables in their diet (and as a result may have increased their daily intake of fruit and vegetables).	Wellbee-ing Questionnaire. Those who took part in the Healthy Eating and Nutrition course.	Members who mentioned fruit and vegetables when asked about lessons learnt through the Wellbee-ing project. Or those who noted an increase in their fruit and/or vegetable intake when asked about changes they had made to their diet or cooking through the Wellbee-ing project.	4	4	6	66.7%	100.0%
Healthy Mind, Healthy Body	Have increased knowledge about sugars and fats in their diet (and as a result may have reduced their intake of fats and sugars).	Wellbee-ing Questionnaire. Those who took part in the Healthy Eating and Nutrition course.	Members who mentioned fats and/or sugars when asked about lessons learnt through the Wellbee-ing project. Or those who noted a decrease in their fat and/or sugar intake when asked about changes they had made to their diet or cooking through the Wellbee-ing project.	4	4	6	66.7%	100.0%

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Move & Munch	After taking part in Move and Munch do you understand better the importance of eating at least 5 portions of fruit and vegetables everyday?	Questionnaire	Agree-strongly disagree on a 4 point scale	26	30	40	75.0%	86.7%
Move & Munch	After taking part in Move and Munch have you helped with any cooking at home?	Questionnaire	Agree-strongly disagree on a 4 point scale	13	30	40	75.0%	43.3%
Whole School Meals	I found out some useful information today	Questionnaire	Responded Yes, some followed by comments	12	17	30	56.7%	70.6%
Whole School Meals	I will do something different after today in terms of my health or lifestyle	Questionnaire	Responded Yes, some followed by comments	15	17	22	77.3%	88.2%
Whole School Meals	My cooking skills improved as a result of doing the Cookery Club	Questionnaire	Agreed or strongly agreed	44	47	82	57.3%	93.6%
Whole School Meals	I will do more cooking at home as a result of doing the Cookery Club	Questionnaire	Agreed or strongly agreed	42	47	82	57.3%	89.4%

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Whole School Meals	I enjoy more varied foods as a result of doing the Cookery Club	Questionnaire	Agreed or strongly agreed	31	46	82	56.1%	67.4%
Whole School Meals	I eat more fruit and vegetables as a result of doing the Cookery Club	Questionnaire	Agreed or strongly agreed	30	47	82	57.3%	63.8%
Family Cookery	new foods tried today (Sandwich box day)	Questionnaire	every one who said they had tried something new today...some had also added examples	30	38	43	88.4%	78.9%
Family Cookery	Did you pick up some good lunchbox tips today	Questionnaire	Everyone who said they had picked up lunchbox tips. Some added examples	26	38	43	88.4%	68.4%
Active Wight	I feel more confident about cooking healthy food	Questionnaire	Everyone who agreed	23	30	30	100.0%	76.7%
Active Wight	I have learned new skills for cooking healthy food	Questionnaire	Everyone who agreed	25	30	30	100.0%	83.3%
Active Wight	I understand the role of healthy of eating in balanced and healthy lifestyle	Questionnaire	Everyone who agreed	20	30	30	100.0%	66.7%

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Active Wight	I have an improved understanding of cooking healthy food on a budget	interview	Everyone who agreed	6	10	20	50.0%	60.0%
Go Well	Would use the info and recipes	Not known	Who said they would	8	9	9	100.0%	88.9%
Go Well	Would use the info and recipes	Not known	Who said they would	3	8	8	100.0%	37.5%
Go Well	Would use the info and recipes	Not known	Who said they would	4	6	6	100.0%	66.7%
Go Well	Would use the info and recipes	Not known	Who said they would	14	29	29	100.0%	48.3%
Vice to Health	"I have improved my food shopping and budgeting skills, helping me make more healthy choices".	Client reviews, based on initial care plans and on informal discussion following activities.	Client successfully completed this target of their individual plan.	31	31	31	100.0%	100.0%
Community Growing	Introductory skills in growing fruit and vegetables	Questionnaire and examination. All passed, those with mental health issues passed but did not remember as much.	everyone who said that they had increased their skills and knowledge and everyone who passed the tests	8	8	8	100.0%	100.0%

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Community Growing	knowledge in how to plan and plant an orchard	questionnaire	everyone who reported on questionnaire that course increased their skills and knowledge	12	12	12	100.0%	100.0%
Community Growing	knowledge in growing vegetables, fruit, herbs, edible flowers (adults)	questionnaire and mentor notes	every adult who reported an increase in skills	4	4	10	40.0%	100.0%
Community Growing	knowledge in growing, and cooking, with vegetables, fruit, herbs, edible flowers, (children, some with profound and complex needs)	Children's comments in their journal and observation by teachers and workshop leaders over a year. The range of skills learnt is huge, they all learnt a lot.	every child who said that they had learnt or every pupil where workshop leaders noticed increased skills, or comments from teachers on behalf of those with complex needs	219	219	219	100.0%	100.0%
Community Growing	fruit tree maintenance, planting, pruning, summer care, ripening times	questionnaires and verbal feedback	everyone who said that they had increased their skills and knowledge and response from teacher about 7 students	8	8	29	27.6%	100.0%

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Family Healthy Eating and Food Preparation	Do you cook with more fresh produce since completing this course	Questionnaire	Everyone who said 'yes'	27	36	183	19.7%	75.0%
Family Healthy Eating and Food Preparation	Have you tried any of the recipes at home?	Questionnaire	Everyone who said 'yes'	27	36	183	19.7%	75.0%
Family Healthy Eating and Food Preparation	Do you feel more confident about preparing meals?	Questionnaire	Everyone who said 'yes'	36	36	183	19.7%	100.0%
WEBE (Workplace Health)	Numbers using the website	Questionnaire	number of users answering yes to 'do you feel that your knowledge of healthy eating has improved since starting Body Blitz	42	54	141	38.3%	77.8%
Community Cookery Development	I have increased my consumption of fruit and vegetables	Questionnaire	Number who agreed or strongly agreed with statement	25	38	50	76.0%	65.8%
Community Cookery Development	I have improved my cookery skills	Questionnaire	Number who agreed or strongly agreed with statement	38	38	50	76.0%	100.0%

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Community Cookery Development	I am more confident cooking with fresh ingredients and following a recipe	Questionnaire	Number who agreed or strongly agreed with statement	38	38	50	76.0%	100.0%
Community Cookery Development	I have learnt more about healthy cooking and eating	Questionnaire	Number who agreed or strongly agreed with statement	38	38	50	76.0%	100.0%
Community Cookery Development	I have learnt more about food safety	Questionnaire	Number who agreed or strongly agreed with statement	32	38	50	76.0%	84.2%
Community Cookery Development	I have learnt more about food labels and everyday healthy eating guidelines	Questionnaire	Number who agreed or strongly agreed with statement	32	38	50	76.0%	84.2%
Community Cookery Development	I have improved my food budgeting skills	Questionnaire	Number who agreed or strongly agreed with statement	25	38	50	76.0%	65.8%
Community Cookery Development	I will use my new knowledge and skills at home	Questionnaire	Number who agreed or strongly agreed with statement	38	38	50	76.0%	100.0%
Average							72.9%	81.9%

Levels of self-reported fruit and vegetable consumption, before and after activity

Project name	What was measured?	How was this measured?	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Cook & Eat Hampshire	Portions of fruit and vegetables consumed the previous day	Questionnaire - 2 questions 1. How many portions of FRUIT did you eat yesterday? 2. How many helpings of VEGETABLES did you eat yesterday? 6 point scale to answer - 0,1, 2, 3, 4, 5+	4.8	5.4	18	30	39	76.9%	60.0%
Move & Munch	How many portions of fruit and vegetables do you eat per day	Questionnaire	2	4	16	30	40	75.0%	53.3%
Sheppey Community Involvement Project	Participants eating 5 a day or more portions of vegetables/fruit	Weekly questionnaire	4.94	7.23	8	9	10	90.0%	88.9%
Reading Health Activists	How many portions of fruit and vegetables do you eat per day	Measured via a questionnaire completed pre and post projects	3.5	6	25	31	268	11.6%	80.6%

Project name	What was measured?	How was this measured?	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Family Cookery	How many times a week would you and your family eat fruit, vegetables and salad	Questionnaire number of days 0-7	5	7	19	37	53	69.8%	51.4%
Cook & Eat Surrey	Portions of fruit and vegetables consumed per day	Questionnaire	4.2	5.6	20	29	180	16.1%	69.0%
Active Wight	How many portions of fruit and vegetables are you consuming per day	Questionnaire	2	3	16	20	30	66.7%	80.0%
Average								58.0%	69.0%

Other outcomes

Project name	Skills/knowledge measured	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Active Workplace	Weight loss	Weighing	Those who lost weight	23	24	24	100.0%	95.8%
Family Healthy Eating and Food Preparation	Is your family eating more fruit and vegetables?	Questionnaire	Everyone who said 'yes'	27	36	183	19.7%	75.0%
Average							59.8%	85.4%

Fruit and vegetable consumption – follow-up scores

Project name	What was measured?	How measured?	Average score at first session for those followed up	Average score at follow up	Numbers of people who have increased their score from first session to follow up	Numbers who took part in evaluation	Numbers who took part in activity overall	% evaluated	% who increased their score
Active Wight	How many portions of fruit and vegetables are you consuming per day?	Questionnaire	2	3.4	6	10	30	33.3%	60.0%

Training staff – scores before and after training

Project name	Training	What was measured?	How was this measured?	Average score before	Average score after	No. who increased their score	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Active Wight	Providing basic advice on healthy eating	Knowledge of healthy eating tips and ideas	Before & after quiz	10	15	9	12	13	92.3%	75.0%
Cook & Eat Surrey	Cookery leader training	Confidence to run cookery sessions	Before & after quiz	3	4	17	17	26	65.4%	100.0%
Cook & Eat Surrey	Cookery leader training	Understanding of balanced diet and healthy eating guidelines	Before & after quiz	3	4	16	17	26	65.4%	94.1%
Average									74.4%	89.7%

Training staff – scores after training only

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Cook & Eat Hampshire	To develop practical cooking skills	The opinion of Children's Centre staff as to how well the stated learning outcome was met	End of session Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	19	24	25	96.0%	79.2%
Cook & Eat Hampshire	To understand key nutrition and food safety messages	As above	End of session Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	22	24	25	96.0%	91.7%
Cook & Eat Hampshire	To be aware of resources to support Cook and Eat	As above	End of session Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	23	24	25	96.0%	95.8%
Cook & Eat Hampshire	To understand the evaluation process	As above	End of session Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	24	24	25	96.0%	100.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Cook & Eat Hampshire	To understand how to plan and deliver Cook and Eat	As above	End of session Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	21	24	25	96.0%	87.5%
Cook & Eat Hampshire	The training was enjoyable	As above	End of session Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	20	24	25	96.0%	83.3%
Cook & Eat Hampshire	I feel confident to run a Cook and Eat Programme	As above	End of session Questionnaire	Everyone who said 'agree or 'strongly agree' on a 5 point scale	23	24	25	96.0%	95.8%
Vice to Health	"I can run a kitchen club session with service users".	A volunteer's ability to lead a kitchen club session	De-brief with volunteer, also observation of volunteer during training.	Number of volunteers now trained to run the kitchen club cookery session	1	1	1	100.0%	100.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Community Growing	Setting up, developing and running a community allotment	Usefulness of advice, confidence to develop own projects.	Feedback in emails and conversations(26 people in all trained for 4 groups.	Everyone who said the advice and information was very useful. The reps from each group fed back comments)	4	4	4	100.0%	100.0%
Community Growing	For teachers in setting up school growing areas and projects and basic growing skills.	their confidence and knowledge	Questionnaire from representative.	positive feedback from questionnaire, and successful planting and harvesting	1	1	2	50.0%	100.0%
Community Food Workers	Cookery Leader	I have increased my confidence to run cookery sessions	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	2	2	3	66.7%	100.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Community Food Workers	Cookery Leader	I have gained or improved my skills and knowledge of group work techniques	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	2	2	3	66.7%	100.0%
Community Food Workers	Cookery Leader	I have improved my understanding of everyday nutrition and healthy eating guidelines	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	1	2	3	66.7%	50.0%
Community Food Workers	Cookery Leader	I have a thorough understanding of the practical considerations needed to run cookery sessions	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	2	2	3	66.7%	100.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Community Food Workers	Cookery Leader	I think I will be able to use the knowledge, skills and confidence gained on this training to run community cookery sessions in the future	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	2	2	3	66.7%	100.0%
Community Cookery Development	Cookery Leader Training & Workshops combined	Training was relevant	Questionnaire	Everyone who agreed	121	121	125	96.8%	100.0%
Community Cookery Development	Cookery Leader Training & Workshops combined	Increased my skills	Questionnaire	Everyone who agreed	69	69	69	100.0%	100.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Community Cookery Development	Cookery Leader Mentoring - intensive	Satisfaction with support	Email monitoring form, email support ,telephone calls and site visits	not known	15	15	15	100.0%	100.0%
Community Cookery Development	Cookery leader Mentoring - occasional	Satisfaction with support	Email monitoring form and follow up email	not known	18	18	26	69.2%	100.0%
Community Cookery Development	Cookery Leader traineeship	Satisfaction with support	Ongoing support and communication in person, by email and phone.	not known	3	3	3	100.0%	100.0%
Healthy Family Feast	Staff members to be confident in training families on healthy eating	Staff's knowledge and ability	Ability to successfully run the course with families	All staff members completed at least one Healthy Family Feast course	5	5	5	100.0%	100.0%
Support to Community Cafes	Cookery Leader (II)	I have learned to develop menu plans	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	3	3	4	75.0%	100.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Support to Community Cafes	Cookery Leader (II)	I feel more confident cooking for others in my role	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	3	3	4	75.0%	100.0%
Support to Community Cafes	Cookery Leader (II)	I feel more confident to cook using raw ingredients and try new recipes	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	3	3	4	75.0%	100.0%
Support to Community Cafes	Cookery Leader (II)	My knowledge of nutrition has increased and I have considered or made changes to my cooking	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	2	3	4	75.0%	66.7%
Support to Community Cafes	Cookery Leader (I)	I have increased my confidence to run cookery sessions	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	1	2	6	33.3%	50.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Support to Community Cafes	Cookery Leader (I)	I have gained or improved my skills and knowledge of group work techniques	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	2	2	6	33.3%	100.0%
Support to Community Cafes	Cookery Leader (I)	I have improved my understanding of everyday nutrition and healthy eating guidelines	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	2	2	6	33.3%	100.0%
Support to Community Cafes	Cookery Leader (I)	I have a thorough understanding of the practical considerations needed to run cookery sessions	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	2	2	6	33.3%	100.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Support to Community Cafes	Cookery Leader (I)	I think I will be able to use the knowledge, skills and confidence gained on this training to run community cookery sessions in the future	Questionnaire	Everyone who said 'agree or 'strongly agree' on a 4 point scale	2	2	6	33.3%	100.0%
Average								76.3%	93.3%

Training staff – follow up

Project name	Type of support/training	How was this tested (e.g. survey/phone calls)?	Numbers who report using resources/training lessons	Number who took part in evaluation	Number doing activity	No evaluated	No used/changed practice
Community Cookery Development	Cookery leader training - use of training	Monitoring form and follow up email	32	32	56	57.1%	100.0%
Community Cookery Development	Cookery leader mentoring - intensive - use of training	Follow up session and monitoring forms send by email.	15	15	15	100.0%	93.3%
Community Cookery Development	Cookery leader mentoring - occasional - use of training	Email and telephone	18	18	26	69.2%	66.7%
Community Cookery Development	Cookery leader training - changed policy/practice	Monitoring form and follow up email	32	32	56	57.1%	0.0%
Community Cookery Development	Cookery leader mentoring - intensive - changed policy/practice	Follow up session and monitoring forms send by email.	14	15	15	100.0%	0.0%
Community Cookery Development	Cookery leader mentoring - occasional - changed policy/practice	Email and telephone	12	18	26	69.2%	0.0%
Average						75.5%	43.3%

Appendix Four

Projects reporting limited outcomes

Project name	Reasons affecting numbers reported	When will fuller information be available?
Cook & Eat Hampshire	Schools sent back summarised scores by class group rather than scores reflecting individual change. Only 5 schools had useable before and after data despite prompting. The data for an initial training session, which was held in May of this year, cannot be located by the centre.	Project hope existing data will be available for the end of project report. School and project offered support in going back to raw schools if information is still available.
Sound Bites	An in-depth project report will follow, which will include follow-up project results from focus groups, questionnaires and post-concert feedback forms, which are being completed by children's families. This information is being utilised in developing educational project material to ensure sustainability in schools and communities.	By end of project (01/03/11).
Obesity Awareness	Data sent to project lead was in an inappropriate format	Project has now ended. Will explore with Lead (who is continuing in her role) if there is a way of getting hold of raw information in new year for inclusion in end of project report.
Get Real About Health	Very limited information on physical activity – only qualitative. See entry for this project under missing information for more details. Under healthy eating possible areas to be measured noted, but no data.	See project entry below.
OPAL	Information shared did not include data on how many people improved their score on their own measure, nor how many were measured using this tool. It was therefore not possible to include this quantitative data in this report.	R & E Manager will contact project for full data in new year, for inclusion in end of project report.
Creativity4health	Data shared did not include number doing activity in total, so could not be included in calculations for headline data.	R & E Manager will contact project for full data in new year for inclusion in end of project report.
Healthy Mind, Healthy Body	Not enough detail from questionnaire re: how many people reported increasing their physical activity levels.	R & E to contact project in New Year for further details for end of project report.
Healthy Family Feast	Project only reported on staff training, not on beneficiaries' experiences of project as had agreed with R & E Manager.	Refer to Programme Manager for decision and more information.

Projects who did not submit a full end of year report

Project name	Strand(s) did not report on	Reasons given by project	Summary of actions taken to date (evaluation support)	Actions to be taken and dates
Tonbridge & Malling HLI	PA & HE	Agreed with Debbie Flannery at BIG that the project could not report at this stage as they undertake long-term interventions and do not yet have post-intervention data back. They will provide this next year.	None necessary – agreed upfront.	Ensure end of project report is in by agreed date.
WEBE (5/9 projects): Well Being Healthy Eating in Acute Trust Getting into SHAPE BodySmart Healthy Eating with Long Term Condition	HE, PA & MW	None. Project lead claimed she did not realise reports were due. See inappropriate reporting section below. Only one project provided a very small amount of relevant information ('WPH').	Six reminders sent to project alerting them of the end of year deadline. Two training sessions held in location convenient to projects in the last two years. Instruments for evaluating shared with projects, troubleshooting undertaken on a group basis.	Refer to Programme Manager.
Health Mentors for Older People	HE, MW	None – to follow up.	Many offers of support for evaluation that have not been taken up. Most recent offer was early December 2010, but this was declined too.	Refer to Programme Manager.
Sense & Motion	PA (MW – secondary)	None – to follow up.	Offers of support in calculating information gathered given over 2010, but project did not respond to these. Quarterly report sent instead of an end of year report, although it had the title, 'EOY'. Project emailed to ask if sent wrong report in error – no response to date.	Refer to Programme Manager.

Submitted inappropriate data at end of year

Project name	Inappropriate information given was...	Reasons given by project	Summary of actions taken to date (evaluation support)	Actions to be taken and dates
My Body, My Life	Reports on 42 beneficiaries were sent over on the pre- and post- score calculator. There was no information about what these related to.	Email sent to contact but she is on leave until January 2011.	Advice to current contact on what to include in EOY report, December 2010. Numerous emails to prior lead offering support that was not taken up.	Follow up email in new year so can be included in end of project report.
Healthy, Active Crawley	PA - only gave 'post' scores on physical activity measure – therefore unable to include as did not show distance travelled.	“Unfortunately I don't have any before scores, when changing posts recently, I had a big clear out. I shred last years data, and possibly the earlier scores were with them.”	N/A	Have suggested he holds onto this year's 'before' data so he can demonstrate distance travelled in the end of year report for final attendees.
Sheppey Community Involvement Project	MW – only gave 'post' scores on wellbeing measure – therefore unable to include as did not show distance travelled.	Waiting for reply	N/A	As above, depending on situation for this project.

Project name	Inappropriate information given was...	Reasons given by project was...	Summary of actions taken to date (evaluation support)	Actions to be taken and dates
Sport and Physical Activity Alliance	Virtually no usable information given – some case studies gleaned by R & E Manager from 48 page report – nothing included in EOY format. Much vague information, e.g. 'all enjoyed' or 'many purchased equipment to continue' – and no information about how data gained.	Meeting with project in new year and will discuss then.	See last year's report. Also met with previous post holder and a series of offers of help once new post holder in role were not taken up. Am meeting with new post holder in January to discuss whole evaluation strategy. Advice given to previous post holders appears not to have been acted upon. Recommend refer to Programme Manager.	Meeting 18 th January 2010 – consider rescheduling so Mary Shek can attend as is now a management issue.
WEBE (Theatre & Drama Workshops)	No useable information.	Waiting for info from schools	Training provided.	R & E Manager to chase up in New Year.

Project name	Inappropriate information given was...	Reasons given by project	Summary of actions taken to date (evaluation support)	Actions to be taken and dates
WEBE (Healthy Eating in the Elderly)	No usable information included – one mention of 6 people making favourable comments, but nothing else.	Project not yet approached pending decision on how to proceed by Programme Manager.	Two sets of training and support given to Project Manager as part of support for WEBE. She was not engaged and Programme Manager informed at time of negative approach to evaluation, querying what would happen if she didn't evaluate. Warned by Building Blocks Managers that money would be clawed back but she did not believe this.	Refer to Programme Manager.
WEBE (Stress Less)	Unclear if measured objectives or just stated them – nothing noted in how measured	R & E Manager to follow up.	Training provided as above. Refer whole project to Programme Manager	Refer to Programme Manager
Family Healthy Eating and Food Preparation	Did not send in form – feedback from summarised questionnaire.	None.	Six emails sent to all projects asking for information in new form.	Finishing in new year.
Get Real About Health	No outcomes reported at all. Project amasses vast quantities of data in their personal review system but seem to lack the capacity to draw out headline info to deadlines.	“Dee has been gathering data and information from the Health Plans and is on ongoing to the end of March 2011. We are not sure if any of this data at present is of use to you? Please contact Dee and pop over if you require any data from this spreadsheet.”	Several visits, support, going through use of a spreadsheet, sampling methods, how can draw information out. Phone conversation about key information to include, including advice to concentrate on key headline data.	R & E Manager to chase up information in new year – as much work is ongoing it is possible it would make more sense to collect at end of project, as per Tonbridge & Malling HLI.

Appendix Five

Unexpected outcomes reported as part of the physical activity strand

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Kids' Club	Developed a new partnership with our Active Thanet Community Sports Network to look at developing this initiative with additional local schools and integrating as part of the Extended Schools Programme.	September 2010 at an Action Planning Day with the Active Thanet Team	Verbally at meeting and tied in with core objectives of the Active Thanet Network agenda for 2010/2011
Sorted! Tea Time to Dance	"Made a friend"	Through attendance at the taster day, this carer does not get much if any time off or time to do social things.	Staff member feedback in 1-1
Sorted! Tea Time to Dance	Amazing social inclusion, intergenerational with people aged 3 - 85 yrs, some with mental health and learning difficulties and those more able bodied all dancing together.	Taster Day	Staff observation, film footage, evaluation form feedback.
Active Communities	The project has been such a success that other partners wanted to be involved and expand the project which has ensured a successful bid to a range of partners to develop a social marketing and delivery programme that now includes all sport and physical activity interested parties across Bucks and Milton Keynes.	The funding was secured in October 2009 with delivery starting in February 2010.	Feedback at county steering groups.
Detached Play Workers	A 14 year old girl who attends one of our sessions has gained confidence throughout the year, and now assists the play workers with activities ensuring that all the younger children know what to do and can join in.	May-10	Evident during sessions, noticed by play workers.
Detached Play Workers	Youth café has been started for the teenagers in two of our areas, catering for the age group that have shown little interest in the activities we have been providing.	Jun-10	Play workers have been involved in the youth café, assisting with the activities, and providing additional support

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Am I Bovered	In terms of working directly on the project, a positive unexpected outcome has been when school teachers have requested more copies of the dissemination and promotional materials; and secondly, when the Healthy Schools Team based in East Kent requested further copies of the A4 leaflet. This was an outcome that we had hoped would take place, and it was reassuring when we were contacted to send more materials out.	October 2010 onwards	Contacted project
Am I Bovered	The continued interest, enthusiasm and support of the multi-agency team during this non-intervention phase has been refreshing, in an era of threatened job-losses and restructuring of public services.	January 2010 onwards	Noticed by team.
Am I Bovered	The opportunity to work collaboratively with Chances4Change Limited, and contribute to another Big Lottery grant (Youth in Focus). It was been reassuring to be included on a consortium bid as an evaluator and to enable us to continue to work with young people.	2010	Through continuing joint work with chances4change Limited
VitaliSE	Some of the young people involved in our performance strand were able to take part in a screen dance workshop as part of this event and the feedback suggested that this was a new and interesting way to engage them in dance. Boys showed a particular interest.	Mar-10	Verbally fed back by the young people and their group leaders. Also some feedback in end of project evaluation forms.
My Body, My Life	Improved partnership with local leisure centre who has given free activity taster passes for clients	Through the liaison from the Get Fit for World Mental Health Day taster session event	Staff liaison and clients purchasing leisure centre memberships of this event

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Sheppey Community Involvement Project	Worked in partnership with a local residential home for people with learning disability to encourage them to participate in chair based exercise course.	Nov-10	Participation and staff feedback
Active Workplace	Developed a new partnership with Worthing Leisure and have run weight loss challenges two years running - 6 weeks free gym membership for participants	2009 & 2010	piloted in 2009 and ongoing partnership in 2010
Active Wight	Participates grew in confidence to become helpers and leaders of the sessions - great volunteers	Summer 2010	evaluations and informal feedback
Active Wight	partnership with housing associations and aiming higher	Summer 2010	meetings and partnership agreements
Postural Stability	Not really unexpected, but there are wider benefits in postural stability exercise, which add to the quality of life and maintenance of independence (see also qualitative section)	Participant quotes: "I can now do my bra up! "I can now try clothes on in shops"," I feel more confident walking without my stick"	Picked up by tutors:
Postural Stability	Other measures taken:	e.g. Of 45 Good Neighbour Project clients last quarter, all said they enjoyed the activity and will do it again, and 44 (98%) said they would recommend it to others. 39 (87%) strongly agreed or agreed that it improved their health, 37 (82%) said it taught them a healthier diet, 36 (80%) said it helped them make new friends and 37 (82%) said that it made them happier.	Questionnaires (5 point scale).

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Vice to Health	Service users describing therapeutic benefits of gardening, as well as increased physical exercise.	Following the garden project.	Verbal feedback from service users.
Vice to Health	Service staff using their cars less and walking more.	By encouraging service users to walk to appointments, the staff have also begun to walk and/or cycle to activities.	General discussions and team meetings.
Vice to Health	Increased use of 3D building for appointments, allowing women to take more responsibility for getting in to see their workers and freeing up staff time.	Women have been encouraged to walk in to appointments rather than meet close to home, and this has increased the use of the office and changed some of our practices around appointments.	General discussions and team meetings.
Vice to Health	Another Catch22 project, Baseline has recently won Sport England funding. This was partly achieved due to support from 3D. The new funding will enable 3D service users to have easier activities to sport in future.	Nov-10	Information from colleague at Baseline.
Naturally Active	Healthy eating/ this project is not targeted to deliver this! However we have provided some support, to offer a more holistic delivery. The project invited both a nutritionist and the community cook to deliver healthy eating and cooking to some of the groups. Children got to see how simple healthy and fun foods can be made and cooked. During the residential Afghani refugees were taught to eat healthy food on a limited budget. Summer schemes with partners linked healthy outdoor activities to healthy cooking, this offered a more holistic approach and delivered multiple benefits to mums and children who joined the day.	Informal discussion during walks and projects .	During delivery of project

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Get Real About Health	Partnership working with Paul Allen PSEF Health Trainer of Portsmouth FC, Pompey Sports and Education Foundation Team, delivered in partnership with the Portsmouth Foyer Employment, Education and Training Team, a six week sports and health personal and social development course and Healthy Living Course. Run over three hour fun informal learning sessions, learners learnt about Ten Pin Bowling, Golf, Boxing, Badminton and Table Tennis, Cricket Football. Healthy Eating and Food Portions, Smoothies, Alcohol and Safe Drinking, and Looking after your Body. 15 Learners were approached and 10 learners successfully completed the course.	July - August 2010	Quality Assurance Questionnaire
Get Real About Health	<p>As a reward for those young people who completed all six weeks of the course and for other young people of the Foyer who are currently engaged in Training or attending college. Paul donated free tickets for the Portsmouth FC versus Watford Game on Saturday 16th October 2010, at Fratton Park.</p> <p>Seven young people supported by two staff joined Paul with free VIP passes into the Victory Bar, before the game to join Linvoy Primus, a recent first team player for Portsmouth. Linvoy Primus challenged the young people to Wii bowling, Jenga & Rock band. Watching the great game of football, Pompey caused us to bite our nails and jump out of our seats, with the ups and downs of the game. Thankfully Portsmouth won 3-2.</p>	Oct-10	Verbal Feedback Paul commented "All young people involved were fantastic ambassadors for the Foyer, well behaved, fully engaged with the challenges set and were also acknowledged by Pompey FC as credit to the Foyer". For all it was a very pleasurable & enjoyable day out.

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Get Real About Health	<p>On Wednesday 20th October, the 'Portsmouth Foyer' and 'Foyer for the Island' were lucky enough to have a 'question and answer' session with Portsmouth Football Club's Linvoy Primus.</p> <p>10 young people met at the Pompey Study Centre at 2pm and were seated in a conference room and waited for Linvoy to arrive. Each young person had prepared a question for the Portsmouth legend and was very excited at the prospect of meeting the footballer.</p> <p>Linvoy introduced himself and spoke in great detail about his career, his life from an early age and the positive influences that have shaped his life. The young people then spoke about their lives whilst living at the Foyer and the struggles they face on a daily basis. They then took it in turns to ask Linvoy their personal questions, which ranged from questions about his football career, his childhood, his relationship with Christianity, experiences with drugs and money and the turmoil of becoming a professional footballer.</p> <p>Each of the young people listened intently to what Linvoy was telling them and you could tell that each of them had massive respect for the footballer and the positive advice that they were receiving. Many passed comments on the way back home of how the session has certainly made a positive impression and impact on them personally today, and wish all who organised the afternoon to know of their appreciation and pass on their thanks for making this very special afternoon happen.</p>	Oct-10	Verbal Feedback from the young people who attended the event.
Health Mentors for Older People	Greater Socialisation within the group. People are meeting up outside of organised activities to socialise. Reducing isolation. Also the groups have arranged Christmas Meals.	Throughout the year.	Conversations with the group and via follow up discussions.

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Get Real About Health	Working in partnership with Foyer for the island (Isle of Wight Foyer) 12 Learners took part in a Natural Calm Day including a country and beech walk on the Isle of Wight learning to relax use natural holistic remedies, healthy eating and how to general live a healthy life style. The learning took place on how to manage lack of sleep, stress, aches and pains.	Sep-10	Case Studies

Appendix Six

Unexpected outcomes reported under mental wellbeing strand

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Activate!	A service user successfully receiving funding to complete his canoeing instructors training.	Summer 2010	A letter to acknowledge that the grant was awarded.
Activate!	Activate has also arranged a series of canoeing sessions for several local homeless hostels and these sessions are also being lead by an Activate service user/volunteer. This has lead to several "hard to reach" clients from a background of homelessness engaging with the wider Activate group.	June/July 2010	Registers of attendance and some service users have gone on to become members of other Activate groups.
Activate!	Partnership working with Refugee Resource.	Dec-09	Over 40 service users from Refugee Resource have become members of Activate groups.
Activate!	The fundraising arm of the Activate Service User Forum has raised over £750 towards the cost of canoeing activities.	Summer 2010	Financial records
Activate!	Increased confidence on the part of service users who assist the facilitator with delivery of training.	Throughout 2010	Confidence of the service users growing when speaking publicly.

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Activate!	A new service user led (women only) Egyptian Dancing Group delivered 6 taster sessions. Many of the participants were from B.M.E. communities and this is furthering Activates success in reaching hard to engage clients from Oxfords diverse ethnic communities. Table Tennis taster sessions were also held in Banbury which have now become a regular service and has a good core membership.	Not noted as not in this section originally	Not noted as not in this section originally
Outreach & Resettlement Project	<p>Women attending the Freedom Programme found a number of the sessions difficult to deal with, specifically those sessions dealing with effects of domestic abuse on children and the role of the father. Many of the women choose to complete those difficult sessions in the next run of the programme or complete the whole programme again.</p> <p>Women have said that they feel able to attend other groups and apply to colleges etc, to complete educational programmes.</p>	This was achieved over the course of the programme.	Numbers attending Freedom are monitored and numbers always decline significantly for the three sessions dealing with children.
All Sorts	Young people developed partnership working with local performers and health promoters as a result of their involvement in World AIDS Day events and recognised that music/ art can be vehicles for health promoting and that they could play a part in this.	In the planning stages of the community World AIDS Day , event, Oct - Dec 2010	Through observation and outcome of their organisational skills. Future work is being considered linking their theatre/dance skills in health promoting.

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Baby Explorers	The Baby Explores programme has been a lot more popular than expected and currently we cant provide the number of programmes that professionals would like us to facilitate in the district	On going	Additional funding has now been secured to enable us to deliver this programme beyond SHA funding .
Healthy Mind, Healthy Body	Some members have shown increased confidence when being involved in tasks such as setting up the Art Equipment before the Art Group begins. For some just that small amount of responsibility helps them to feel they are capable of achieving.	Throughout the development of the Tuesday Art group which started in April.	Through staff observation and feedback from members.
Sheppey Community Involvement Project	The Sheppey Resource Centre of the Together for Mental Wellbeing found out about the Community Learning programme and placed several of their users on our programmes	Summer 2010	Participation by members and continued involvement; Resource Centre now suggests programme content!
Get Active	Several service users have become YHA members and are planning to go away as a group independently	Following on from our holidays where we stayed in Youth Hostels	Verbally fed back by the service users themselves
Active Workplace	Developed a new partnership with a local charity and a local community interest company and applied to our local wellbeing fund to run 2 more training workshops	Apr-10	ongoing partnership

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
For You Too	Research picking up in Yr 2 that R (involved in Yr 1) is "a changed boy...he still has his moments but he's so much easier and nicer" Young Carers support director audio interview She also commented that transformation takes time "because of his thought processes and his reflection"	Summer 2010 audio interview in forest capturing reflective conversation	Audio interview, other members of staff had been made redundant and director has since been made redundant. No clear pathway for sustaining relationship and activity for this group
For You Too	Reflections on beneficial effects of the environment S reported to artist " he feels so happy when he's in the wood, he stops feeling angry"	Interview transcript with Fran, artist Summer 2010	interview with artist
For You Too	Team building especially in a group of girls who did not normally work together well from East Kent Health Needs Education Service Building resilience, overcoming phobias, inspiring creative making and writing "she felt it was calming, easier for the mind to think and focus"	Phase 2	Interview with young people and with Janet Purvis art teacher
For You Too	Young person gives up smoking	Phase 2	Janet Purvis conversation with students over incident in the forest
For You Too	Young people exceed own expectations	Phase 2	Student evaluation and JP interview

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
For You Too	R who has ADHD shares personal journal with mind maps Teacher identifies this as highly significant "Art has been an area that has really allowed him to come out of himself. He is really proud of his art work"	Phase 2	Student and JP interview
Active Wight	People are willing to travel across the island to attend courses if the quality is good.	Autumn 2010	course evaluations - informal feedback
Active Wight	Confidence of service users grew after smaller informal feedback groups were established - this helped with decision making on future services (training courses)	2010	informal feedback groups
Vice to Health	The team have identified that there needs to be more proactive monitoring, reporting and reviewing in order to achieve the desired outcomes.	Since being involved in the funding returns and now I have a deeper awareness of what the aims and objectives are.	Verbally fed back to the line manager with suggestions on how we can improve our current systems to be more efficient.
Vice to Health	Since working with particular complex service users, project staff have identified the need to be working collaboratively with other agencies to ensure 'best practice' and robust 'safeguarding' issues are managed collectively; this in turn will benefit the service user in terms of meeting her individual needs.	Since safeguarding issues were raised and serious concerns around mental health and risky behaviour by the service users. Multi Agency meetings have now been scheduled.	Verbal information sharing with other professionals.
Vice to Health	The professional relationship between 3D and Women's Wisdom is exceptionally positive. As a direct result Women's Wisdom and 3D have recently put a collaborative bid together - with the desired outcome to work together in the future.	Through regular meetings 1-2-1/groups. Having successful women's wisdom sessions at 3D - with regular referrals from other agencies. Professional relationship between support workers at 3D and Women's Wisdom.	Last week Women's Wisdom called 3D and asked if we would like to work together on a bid for further Lottery funding.

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Vice to Health	Hampshire Probation Service have requested that they facilitate 3D as a reporting centre for female offenders.	Within the last month, the suggestion was presented to 3D at recent management meeting.	Verbally fed back to the team by the line manager at a team meeting for consideration. Project workers feel this is a fabulous opportunity for further joint working and for receiving new referrals. Line manager is currently liaising with C22 officials and Probation.
Health Activists for Gypsies and Travellers	Two ladies from the community attended a conference on Gypsy and Traveller Education and Health and Well-being. This was a first for them and a big achievement as traveller's confidence is very low. Both ladies are keen for further training opportunities. One (age 40) has never worked for an employer before.	11 months into the project, November 2010	Observations: Conference was attended by the Lead Health Activist and a schools support and liaison worker from EMTAS, who both accompanied the ladies.
Health & Wellbeing for People with Mental Health Problems	The opportunities for volunteering by project beneficiaries to support the project workers in delivering group programmes	Not specified	Not specified

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
WEBE (Theatre & Drama Workshops)	The unexpected outcome came in Year 2 with a very challenging group of young people who were performing in the Peer Performance project. Up until then it had only been the audience who had been given questionnaires but the self esteem of this group, who were described by the school as 'hopeless' and 'failures' and who had no expectation of success in the project was very low. However, after the performance their self esteem and self confidence had increased so much, they had a taste of successfully completing a project for the first time for some and working as a team which they are not normally able to do.	Achieved through the process of delivering a Peer performance project o younger members of the school.	The young people themselves were telling me how positive they felt and that they could not believe what they had just achieved after delivering the performance. As a result in year 3 the performers were asked to complete questionnaires pre and post performance.
Support to Community Cafes	The work with The Mill and Cuddeson Corner are strong examples of how the two Chances 4 Change projects have intricately become woven in to supporting both an organization in it's development (Support to Community Cafes), while simultaneously enabling individuals to develop skills and knowledge in aspects of cooking and healthy eating (Community Food Worker).	When the current Community Food Worker's role was extended to include Support to Community Cafes.	This was a natural progression when the Community Food Worker's role extended and agencies were made more aware of the support being offered.
Support to Community Cafes	The emergence of a potential food hub/co op, has growing momentum with a primary aim of sourcing the community cafes with local produce, wholesale whole foods, with an option for a 'local food bag scheme' to operate from Community Cafes. It is currently in it's formative stages.	The initial network meeting took place in the summer, and a group of interested parties are organizing a city wide meeting.	Through discussions with Café staff and volunteers.

Appendix Seven

Unexpected outcomes noted for healthy eating strand

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Move & Munch	We have developed stronger partnerships with Ashmead School and this has enhanced the delivery of the programme	The school valued the programme and targeted individual children following delivery of the first programme in April 2010	We identified that the children who had been targeted by the school attended the programme. During a meeting the head of the school feedback to the co-ordinator that the children really enjoyed the course and had gained a better understanding in eating fruit and vegetables.
Whole School Meals	Our After School Cookery Clubs held in secondary schools for primary school children helped those children transition from year 6 to 7	Throughout the project from the first Summer School.	Parents and children commented that they were pleased to be coming to the secondary school that they would be attending the following September. School staff also commented on the benefits of these children interacting with the school in this way, prior to joining Year 7.
Whole School Meals	These after school cookery clubs also supported the schools' efforts to become extended Schools. We hope this will encourage them to make a financial contribution towards future sessions, so that we may only need to find match funding rather than full recovery in future.	Throughout the project from the first Summer School.	The schools commented, in particular the Extended Schools team members.

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Whole School Meals	One of the After School Cookery Clubs recruited year 10 and 11 children to act as mentors and helpers. They benefited by playing this role and it also encouraged the younger children to feel more supported and also to enjoy the interaction with the older children.	At the After School Cookery Club held at Walmer Science College.	The teacher innovated by inviting in the older pupils and we observed the impact. The older pupils stayed with the project for over a year, indicating their commitment to it.
Sound Bites	All of the children have enjoyed mapping out their favourite music and food choices via original pictorial representations of their own 'Cultural SongTrees'. What they discovered was that music and food choices reflected their biographical stories accurately in a creative and fun way. Their unexpected learning outcome was of the power of music and favourite foods upon their emotional states, introducing them to the 'Music on Prescription' idea. The unexpected outcome for the project and the children is the extent as to how their musical and culinary memories are so potentially interlinked with family and friends. This has also affected the designing of the project's educational material.	The drawings were completed over several project sessions either in the classroom or in more informal settings.	Each child was able to participate in shared discussion, so common themes emerged which the children noted. Written questionnaire forms were also utilised.

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Sound Bites	<p>When planning the project, many complications regarding the running of focus groups were not anticipated. Although families have been enthusiastic to support the project, many adults genuinely fear the prospect of taking part in a focus group. Since the project involves families, including grandparents, scheduling becomes very complicated. Also, a shocking percentage of grandparents have recently passed away, so 3-generation focus groups have had to become 2-generation focus groups. The unexpected outcome has been to determine whether the surviving members of the family have benefited through closer narrative and emotional, cultural and social links (from their former interviews with their grandparents) by way of the project's 'SongTrees' methodology.</p>	<p>The most convenient times for 3-generations to meet for focus group sessions seem to be at the beginning or end of term, or during the holidays. Children, their parents and grandparents are selected through their questionnaire responses and invited to be filmed informally, with healthy snacks to create a relaxed atmosphere.</p>	<p>There are teachers and project facilitators, trained by a professional sociologist and musician, who are supervising and working closely with the families.</p>

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Sound Bites	All the children who have participated in project music sessions have shown moderate to excellent musical ability. However, despite some school staff's efforts not to give children from traveller families the opportunity to benefit from smaller free music group sessions, since 'we don't know how long the families will be staying at the school', it has been those children who are among those who show the most enthusiasm and a natural musicality. Therefore, it was an unexpected outcome to have to consciously factor into the project the philosophy that it is more important to give every child opportunities than to think about longevity of project participants in merely cost-efficient terms, as it may considerably open up new possibilities in a child's and their family's lives.	During 45-minute project music sessions.	The children were taught as whole year groups, then assessed in smaller groups of 5. Musical ability was determined through individual rhythmic and melodic tests. Personality, motivation and enthusiasm were also observed and noted.
Sheppey Community Involvement Project	Development of a social cooking group	May-09	Attendance at a Community Chef course; became a legacy of the course; group has mainly stayed together with regular meetings throughout the year
Reading Health Activists	Many of the Health Activists have progressed onto other jobs in the NHS or Local Authority.	During the lifetime of the project	Through contact with the health activists
Family Cookery	Families stated that sitting down together to eat as a family was really good and it was something they had not tried.	June 10	Staff member feedback in 1-1
Family Cookery	Families got together and met in one another's homes and cooked for each other in order to continue the social side of eating together	March 10	Staff member feedback in 1-1

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Family Cookery	We have made links with the NHS who are now facilitating a similar project in our area which we are now part of	Sept 10	Project consultation.
Active Wight	New partnerships with rural community council and the local housing association - linking project with growing spaces project	2010	joint information sharing at multi agency forums - measurement continued through meetings
Active Wight	Links with Family Learning service in selected deprived wards have widened services to include children	summer 2010	internal council feedback process
Vice to Health	Volunteers having an increased awareness of the benefits of eating fruit and vegetables.	Volunteers have been trained to help run outreach and kitchen club sessions and have now increased their knowledge base.	Verbal feedback from volunteers, including one who has found that eating more bananas has improved her seasonal affective disorder.
Vice to Health	The creation of a recipe book and sharing recipes in the Southampton Community.	Service users who have cooked openly share their recipes with other service users in a 3D recipe book which was a service users idea; recipe ideas are now publicised (monthly) in marketing materials from a partnership agency - benefiting a lot more women in Southampton.	Service user(s) came up with the idea, so that other persons outside of 3D could benefit from fabulous cooking, recipes and all on a budget.
Vice to Health	Volunteers having an increased awareness of the benefits of eating fruit and vegetables.	Volunteers have been trained to help run outreach and kitchen club sessions and have now increased their knowledge base.	Verbal feedback from volunteers, including one who has found that eating more bananas has improved her seasonal affective disorder.
Community Growing	Food grown at the LOAP project by Oyster group members is now picked and taken to be used at their weekly café and part of a cookery club they have set up.	late Spring 2010	Staff member identified the opportunity and assisted picking of produce and made the link.

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Community Growing	accessible growing area for LOAP has been designed and secured funding which will enable more Oyster members to attend the workshops	Summer to Autumn 2010	A trainee landscape designer offered to help and this design was used to secure funds this Autumn.
Community Growing	opportunity to develop educational farm	late spring 2010	conversation with staff member
Community Growing	Increase in social confidence to some members of the LOAP project. One lady in particular who has ME was almost house bound and is much more socially interactive now.	This has happened gradually throughout the life time of the project	Other LOAP member who is trained teacher, staff, and comments from the member's own private carer who works outside the project.
Community Growing	General improvement in confidence, concentration and team work skills to pupils attending the Lottie project, especially those who struggle more in the classroom, so that the school specifically requests that the projects caters for pupils with special needs.	this has happened throughout the life time of the project	Staff members and notice the effect and teachers comment.
Community Growing	Secured funding to produce a recipe book of some of the dishes that we prepare in the Lottie project	Mar-10	staff member
Community Growing	The planning and planting a community orchard course is now delivered independently by Plumpton College without the need for grant funding.	Oct-10	trainer and staff at Plumpton College
Community Growing	Schools and allotment groups receiving support and advice on how to set up growing projects and activities with their pupils or communities	through year 3	Requests came from outside via email and phone. Their feedback on advice was given by email or verbally.
Community Food Growing	People come to the LOAP for friendship and company	through year three	Staff noticing group interaction and questionnaires.

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Community Food Workers	The two projects (Community Food Worker and Support to Community Cafes) have complemented each other to a greater extent than we had envisaged. See 'Case Studies' for an example.	This has developed over the course of the project, but has been particularly noticeable since the current Community Food Worker extended her work to include Support to Community Cafes.	Through regular monitoring and planning of work.
Obesity Awareness	Range of use of the BME DVD by professionals with a remit not predominately relating to healthy eating e.g. dental health who want to use it with all their students and NHS Swindon who have been using it with people with learning disabilities.	The organisations have taken it onboard themselves and incorporated it into their sessions	Written feedback from contacts within NHS Swindon, Dental Academy etc.
Obesity Awareness	Snack attack has been taken over and mainstreamed by children centres	Early 2009 in the North of the City and via a different format in 2010 in the Heart of Portsmouth	Incorporated into children centres programmes
Obesity Awareness	The acceptability of resources and the speed at which the have been distributed within communities, resulting in the need to re-print of leaflets, burning of more DVD copies etc.	Throughout 2010 and continues	Stock of resources disappeared rapidly and needed replenishing
Obesity Awareness	Consultations with BME communities has lead to greater understanding of their perceptions of health and areas where future work needs to target	Over the 3 year period	Various consultations with community groups
Obesity Awareness	Improved working relationship with other professionals e.g. NHS Portsmouth, Dot-to-Dot and also communities which will continue and hopefully shape better working practices in the future	Over the 3 year period	More regular contact with key professionals and verbally feedback by delivery staff (particularly in relation to communities)

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Obesity Awareness	4 students have been in contact independently wanting to include the breakfast pack in assignments because "it's such a good idea" which is encouraging in itself but also highlights the fact that our publicity channels have been working well	During 2010	Contact from students
Obesity Awareness	One gentleman lost 84lbs since initially participating in a cookery session and has completely changed his lifestyle behaviour, he now cooks from scratch and walk 3 miles daily.	During 2010	Verbal feedback from the gentleman at later courses
WEBE (Healthy Eating in the Elderly)	there was a greater demand for the cookery demonstration than originally anticipated	On the day	The original schedule was for 4 x 20 minute demonstrations. Due to demand the chef ran a rolling demonstration throughout the whole event and the organisers had to wait until his audience left to close the event.
Get Real About Health	15 young people on average have attended the Portsmouth Foyer Breakfast Club throughout the last twelve months. Numbers of young people attending Breakfast Club for the third year running will meet the original contract target and overall will have far exceeded the original contract target to date 344 young people have participated against a target of 140.	Jan 2010 - Dec 2010	Attendance Records
Get Real About Health	The local College (Highbury College) is currently delivering at the Foyer a basic NCF accredited qualification Food and Drink on Budget.	Dec-10	College Enrolment Form - Attendance Register

Project name	What was the unexpected outcome?	When was it achieved?	How was it measured/picked up?
Cook & Eat Surrey	Developed link with the Surrey Waste Minimalisation Partnership who are running a campaign on preventing food waste - Love Food Surrey.	November 2010 - Details of campaign and resources available have been sent to all trained cookery leaders to use in their cook and eat activities. As the campaign promotes saving money when decreasing food waste this information is really useful when running cook and eat for people on low income.	Measuring number of e-mails to Love Food Surrey Coordinator requesting resources
Support to Community Cafes	Through The Mill's "Not the Full English" Breakfast Club (see Case Study in Well Being Spread Sheet), service users had immediate access to Health trainers who were available throughout the breakfast period.	June - August 2010	Discussions with the staff, observation and conversations with Health Trainers

Appendix Eight

Evaluation results from capacity-building projects

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Supported Volunteering Toolkit	Chances4Volunteering Event	Confidence in recognizing and dealing with specific barriers to volunteering	Evaluation questionnaire	Everyone who scored 6 and above on a 1-10 scale	13	20	23	87.0%	65.0%
Supported Volunteering Toolkit	Chances4Volunteering Event	Understand how to access the website and how it is to be used	Evaluation questionnaire	Everyone who scored 6 and above on a 1-10 scale	15	20	23	87.0%	75.0%
Supported Volunteering Toolkit	Chances4Volunteering Event	Understand the content of the Toolkit	Evaluation questionnaire	Everyone who scored 6 and above on a 1-10 scale	11	20	23	87.0%	55.0%
Supported Volunteering Toolkit	Chances4Volunteering Event	Understand the concept of a web forum and how it can be used	Evaluation questionnaire	Everyone who scored 6 and above on a 1-10 scale	12	20	23	87.0%	60.0%
Supported Volunteering Toolkit	Chances4Volunteering Event	How useful participants found the event	Evaluation questionnaire	Everyone who scored 6 and above on a 1-10 scale	13	20	23	87.0%	65.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Supported Volunteering Toolkit	Chances4Volunteering Event	Whether participants will be changing anything in their daily work following the event	Evaluation questionnaire	Everyone who answered 'YES' to this question	17	20	23	87.0%	85.0%
Building Blocks	MHFA	How would you rate the content?	Questionnaire	Good (2) or excellent (3)	4	4	5	80.0%	100.0%
Building Blocks	HIDS Awayday Evaluation Workshop	I was given practical ideas for measuring outcomes I was finding hard to measure	Questionnaire	Agree (3) or strongly agree (4)	9	9	9	100.0%	100.0%
Building Blocks	HIDS Awayday Evaluation Workshop	I learned to use some new relevant tools for dealing with evaluation problems	Questionnaire	Agree (3) or strongly agree (4)	9	9	9	100.0%	100.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Building Blocks	Fresh Ideas Event Evaluation Workshop	I was given practical ideas for measuring outcomes I was finding hard to measure	Questionnaire	Agree (3) or strongly agree (4)	10	11	11	100.0%	90.9%
Building Blocks	Fresh Ideas Event Evaluation Workshop	I learned to use some new relevant tools for dealing with evaluation problems	Questionnaire	Agree (3) or strongly agree (4)	11	11	11	100.0%	100.0%
Building Blocks	WEBE troubleshooting evaluation workshop	I was given practical ideas for measuring outcomes I was finding hard to measure	Questionnaire	Agree (3) or strongly agree (4)	1	1	3	33.3%	100.0%
Building Blocks	WEBE troubleshooting evaluation workshop	I learned to use some new relevant tools for dealing with evaluation problems	Questionnaire	Agree (3) or strongly agree (4)	11	11	11	100.0%	100.0%

Project name	Training	What was measured?	How Measured	What do I mean by number who scored positively?	No. who scored positively	Total number evaluated	Total number taking part in activity	% evaluated	% positive score
Building Blocks	WEBE troubleshooting evaluation workshop	I learned to use some new relevant tools for dealing with evaluation problems	Questionnaire	Agree (3) or strongly agree (4)	1	1	3	33.3%	100.0%
Building Blocks	WEBE troubleshooting evaluation workshop	I was given practical ideas for measuring outcomes I was finding hard to measure	Questionnaire	Agree (3) or strongly agree (4)	11	11	11	100.0%	100.0%
Average								84.6%	86.4%