Big Lottery Fund National Well-being Evaluation

**Big Lottery Fund, National Well-being Event,
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Today's presentation

1) Principles of the evaluation

2) Key developments over year one

3) Early findings

4) National Evaluation, next steps

About CLES

- **CLES** (the Centre for Local Economic Strategies) is an independent, 'think doing' organisation with charitable status:
  - regeneration
  - local governance
  - local economic development

- Established in 1986, offer policy research, publications, training, information service, events and a consultancy trading arm

- Key areas of **CLES Consulting's** work:
  - evaluation and best practice
  - research and scoping
  - strategy and planning
  - facilitation and training
  - profiling, baselining and mapping
  - appraisal and scrutiny

About nef

- **nef** (the new economics foundation) is an independent, charitable 'think and do' tank:
  - social justice
  - environmental sustainability
  - people's well-being

- **nef** has run a well-being programme for over 5 years; the Centre for Well-being was set-up in 2006

- Other areas of **nef**'s work:
  - measurement and evaluation
  - thriving communities
  - global interdependence
  - future economy
  - nef consulting

Principles of the evaluation

- Standardised tools used to seek robust measurement of cross-programme impact

- Evaluation as a learning experience

- Understanding impact at a programme level

- Not about monitoring individual project/portfolio performance or bean counting!

- It is firmly outcome focussed

Evaluation aims

Overarching

○ Importance of outcome based funding

○ Evaluate the overall impact of services on:

- mental health

- physical activity

- healthy eating

- well-being of beneficiaries

○ Describe and evaluate the circumstance in which approaches are more/less likely to enhance well-being

Evaluation tools

- Designed by the Centre for Well-being at nef

- Set of questionnaires

- Self-reported information

- Primarily closed or ranking scale questions

- To be used with direct project beneficiaries

- Capture distance travelled

- Data collected from beneficiaries on at least two occasions.

Key developments: Year One

- Sampling of projects

- Establishing an ethics committee

- Workshops: eight held during March 2009 to January 2010

- Evaluation newsletters ,'Well-being matters'

- Survey administration

- Qualitative research:

  - Foyer Federation

  - New Leaf New Life
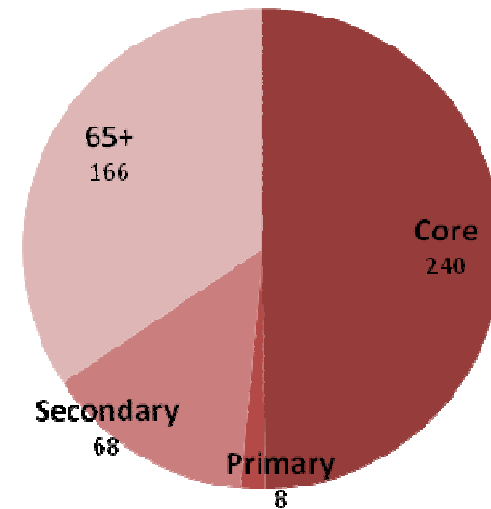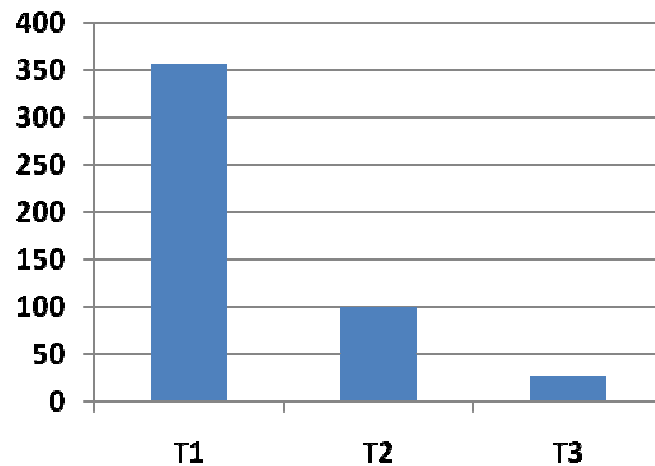
  - Living Well West Midlands

Returns

- 482 questionnaires

- Majority of questionnaires, at the entry point/T_1.
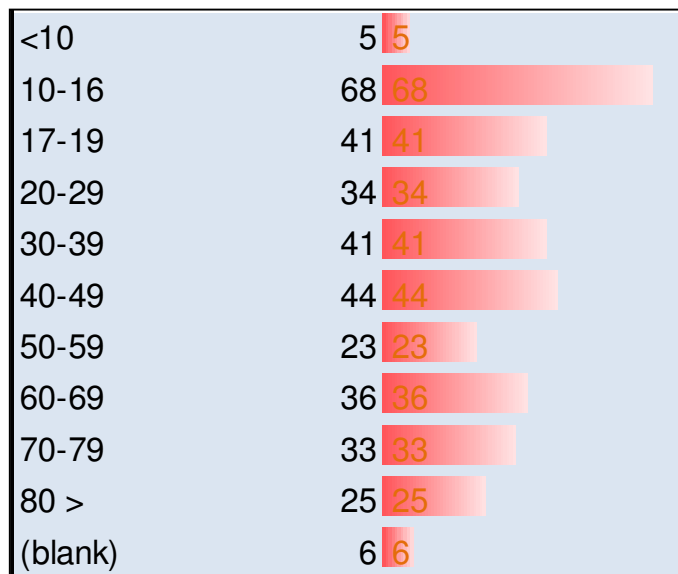
- T_2 data from core and 65+ questionnaires
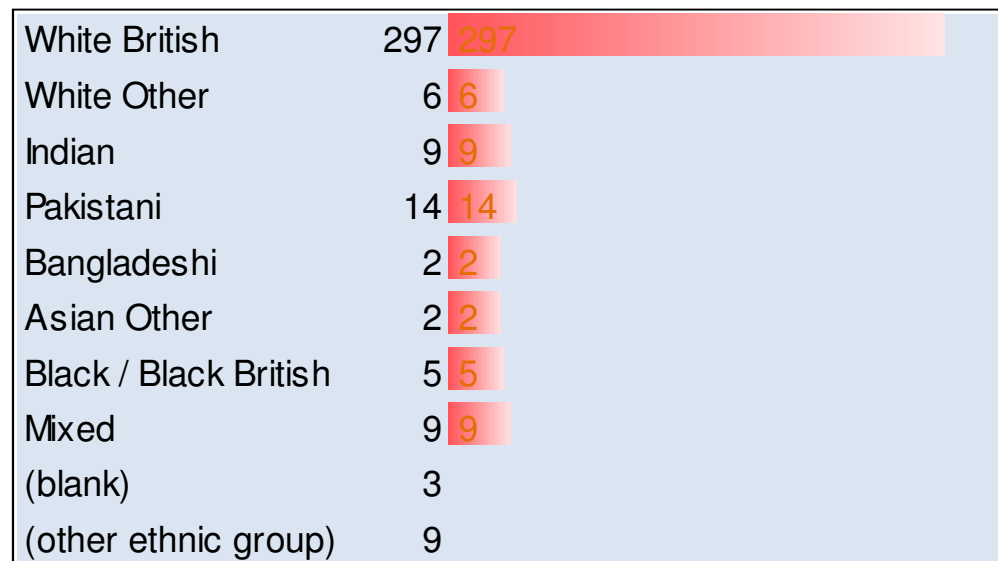
Early Findings
Quantitative

Demographics

Age

Age	Count
<10	5
10-16	68
17-19	41
20-29	34
30-39	41
40-49	44
50-59	23
60-69	36
70-79	33
80 >	25
(blank)	6

Ethnicity

Ethnicity	Count
White British	297
White Other	6
Indian	9
Pakistani	14
Bangladeshi	2
Asian Other	2
Black / Black British	5
Mixed	9
(blank)	3
(other ethnic group)	9

Baseline data

- Projects successfully reaching beneficiaries with below average levels of well-being

  - Low levels of life-satisfaction

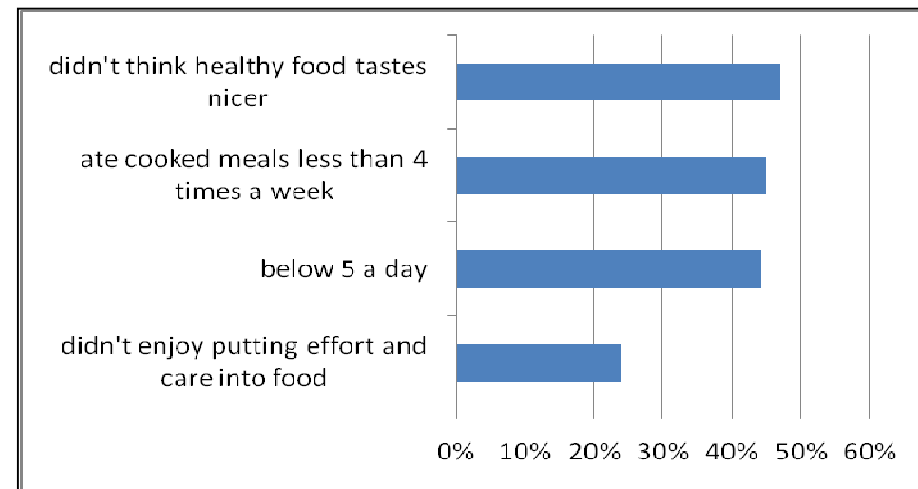 - Low levels of healthy eating, mental health, life satisfaction and well-being assets.
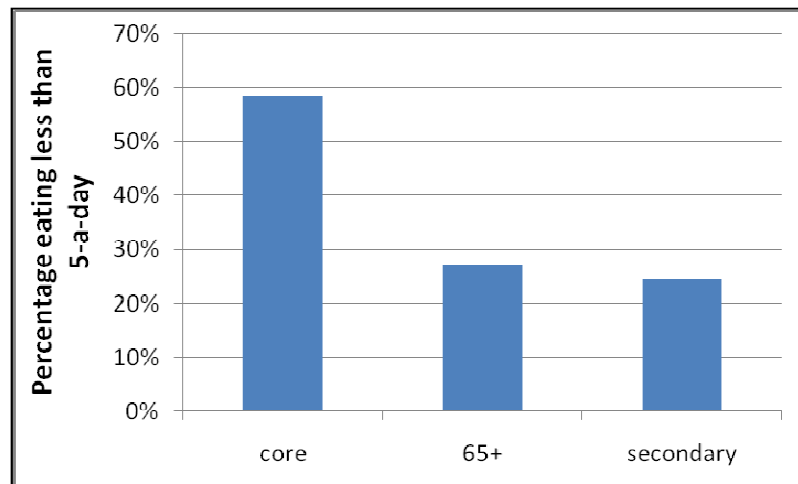
Early Findings
Quantitative

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Baseline data – Healthy Eating

- 44% respondents not meeting five-a-day target

- Worst for core respondents

- In comparison, people do report enjoying putting effort into food

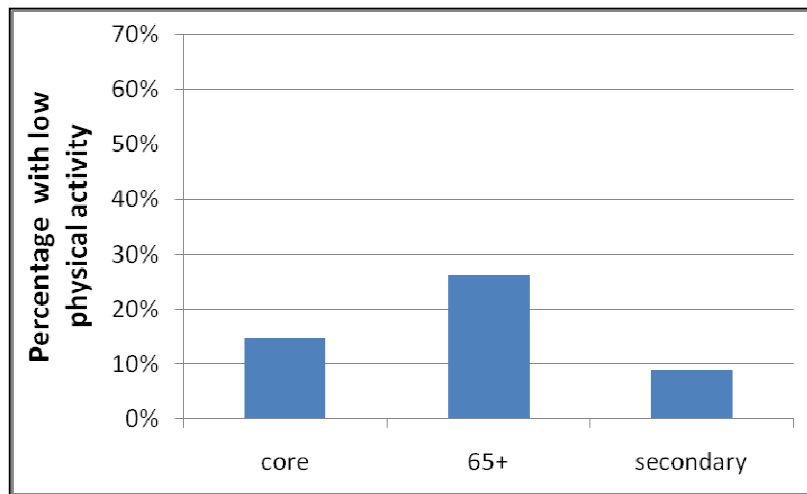Future analysis to include links between healthy eating and physical activity.

Baseline data – Physical Activity

- Analysis based on IPAQ (International Physical Activity Questionnaire)

- Higher levels of physical activity than levels of healthy eating at T1

- 36% of core respondents reported high activity, but only 11% of 65+
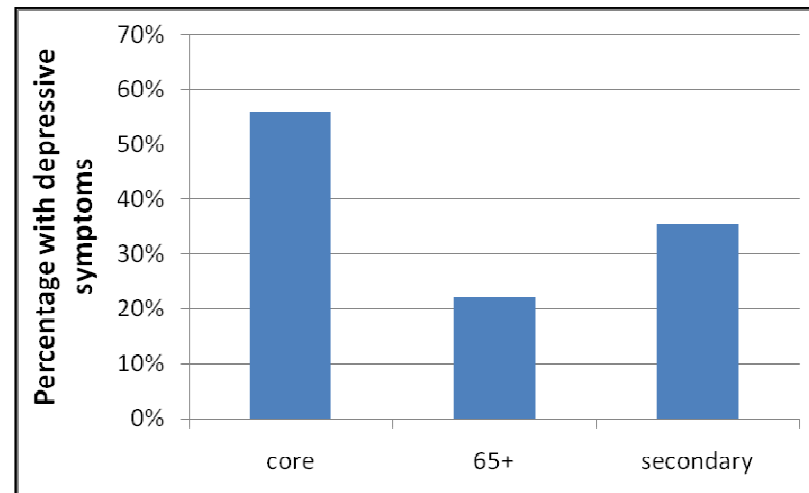
- 15% did not fully complete tool

Baseline data – Mental Health

- Assessed using seven questions

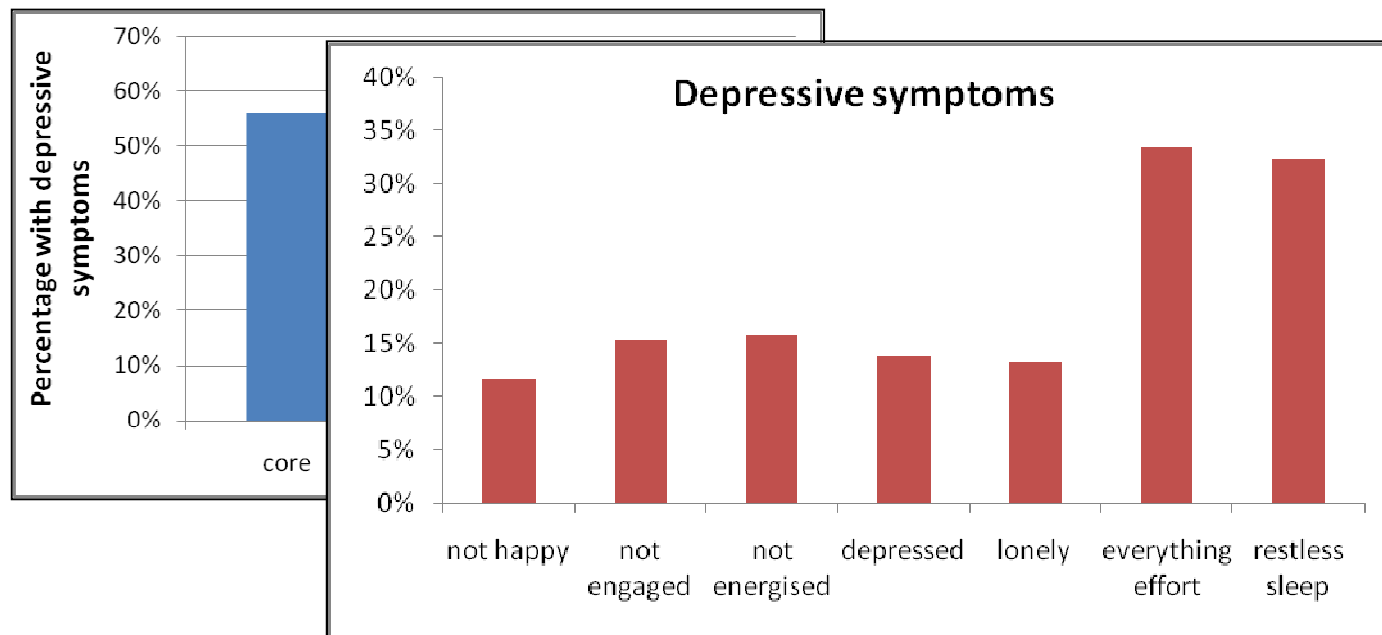- Overall 44% with severe depressive symptoms

- Worst amongst core respondents

Baseline data – Mental Health

- Assessed using seven questions

- Overall 44% with severe depressive symptoms

- Most common symptoms: everything was an effort, and restless sleep
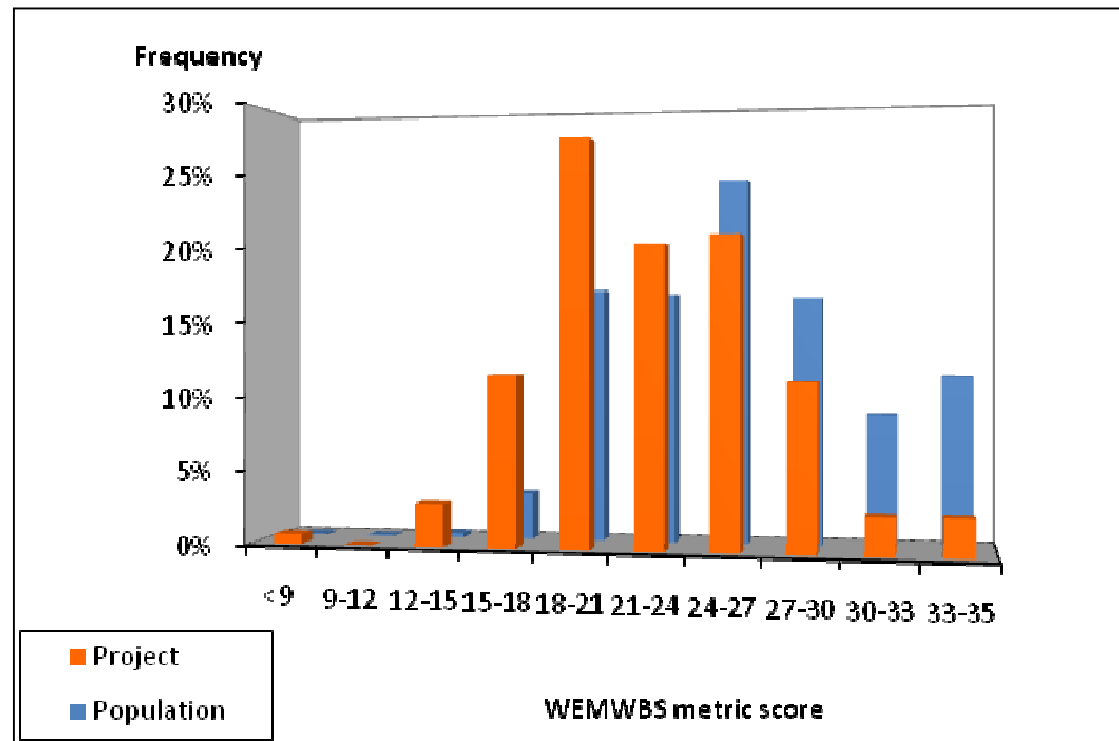
Baseline data – General well-being

- 35% with life satisfaction of 5 or below (on scale of 0-10)

- Mean: 6.5 (vs. UK 7.2)

- Common deficits in

  S-WEMWBS:
  - community (22%)
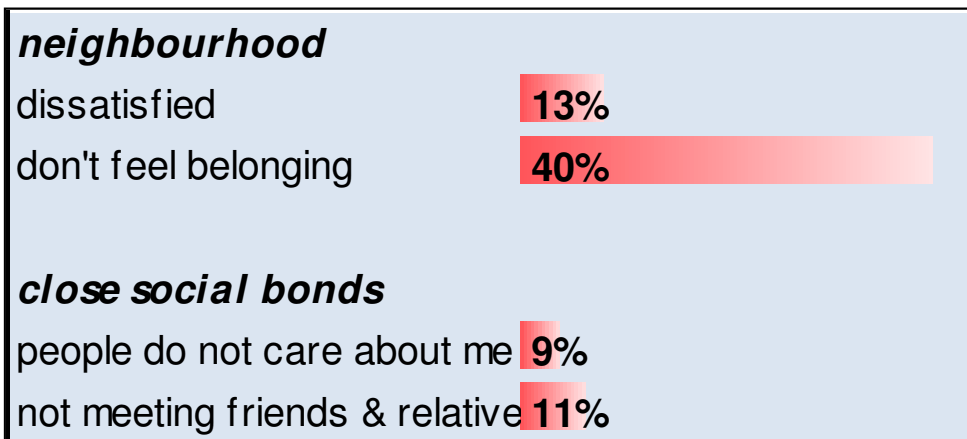 - useful (21%)
  - relaxed (20%)

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Baseline data – Social well-being

○ Most popular module (241 returns)

○ Most frequently lacking:

- *'a sense of belonging to their neighbourhood'*

neighbourhood	
dissatisfied	**13%**
don't feel belonging	**40%**
close social bonds	
people do not care about me	**9%**
not meeting friends & relative	**11%**

Early Findings
Quantitative

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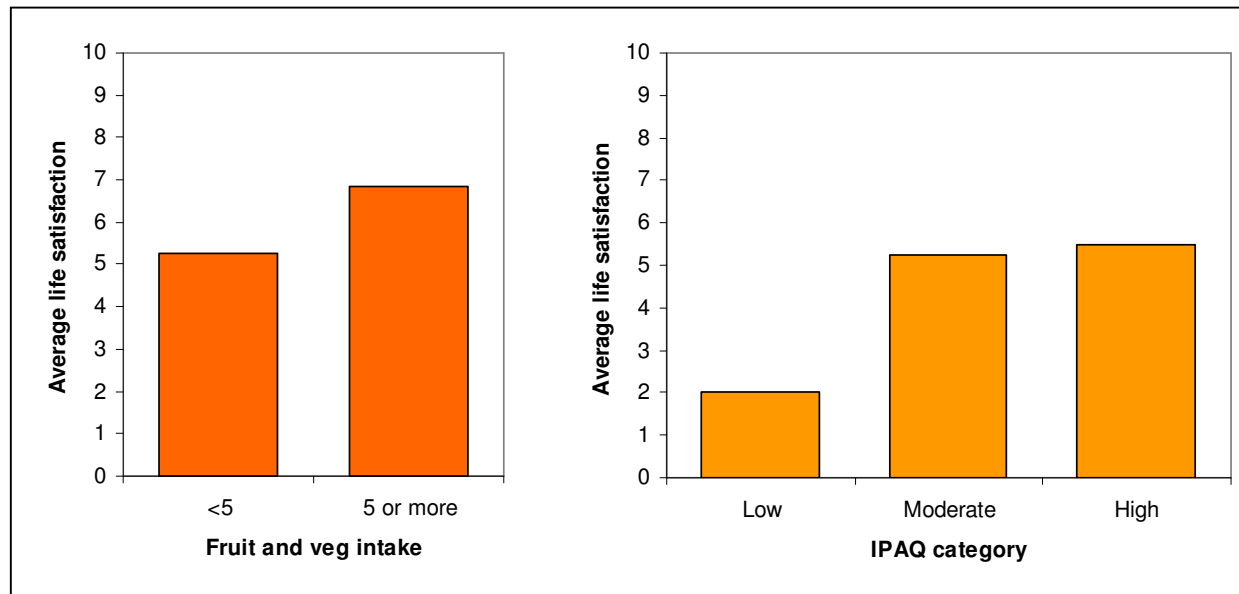
Relationships between different elements of well-being

- Life satisfaction, healthy eating and physical activity.

- 65+ group, correlation between walking and life satisfaction

Early Findings
Quantitative

Distance travelled (T$_1$ to T$_2$)

- Based on under 100 respondents

- Significant improvements in:

    - Life satisfaction

    - Mental health

    - Fruit & veg intake

    - Physical activity and walking

    - Overall well-being

- Early T$_3$ data suggest stable significant improvements in life satisfaction and well-being assets

Early Findings
Quantitative

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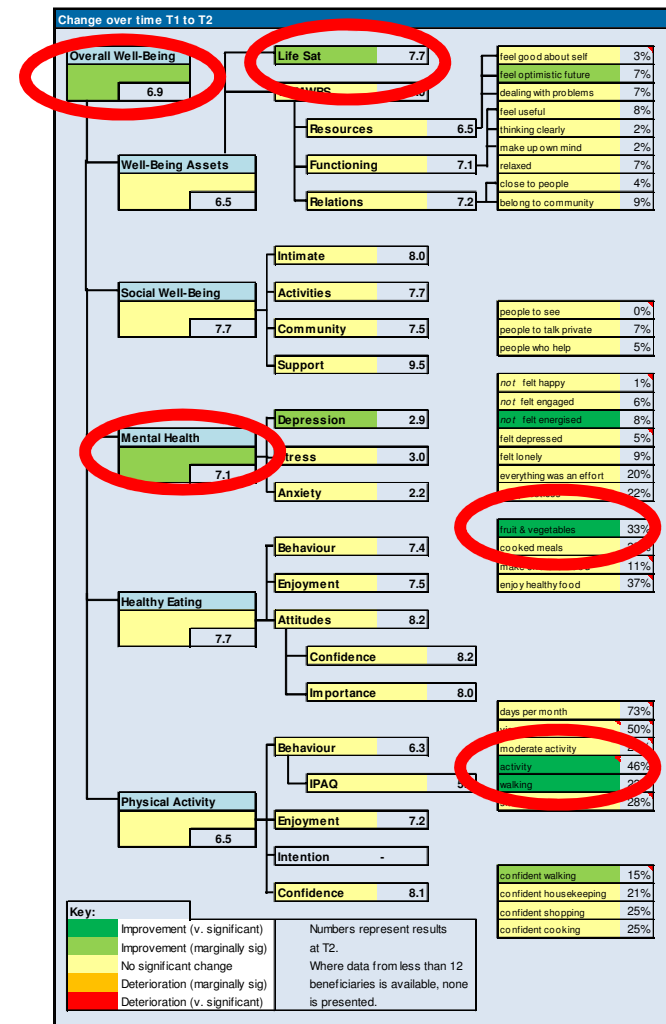
Determinants of distance travelled (65+)

- physical autonomy → healthy eating

- age → physical activity

- social well-being → healthy eating

**Early Findings
Case Studies**

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Strand specific outcomes – Healthy Eating

- Positive outcomes identified:

  - better budgeting skills

  - identification of unhealthy foods.

(Dudley Healthy Retail, Living Well – West Midlands)

(Poole Quay Foyer – Healthy Transitions, Foyer Federation)

Strand specific outcomes – Mental Health

- Successful targeting taking place

- Qualitative research, reduced feelings of social isolation, increased confidence, increases in feeling valuable and of making a contribution

(Community Cafe, New Leaf, New Life Gateshead)

**Early Findings
Case Studies**

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Strand specific outcomes – Social well-being

- Key outcomes: increased confidence, developing friendships and opportunities to socialise led to decreases in social isolation

(Poole Quay Foyer – Healthy Transitions, Foyer Federation)

Early Findings

Factors influencing success

- Targeting

- Exploring attribution

- Future work

- Impact on communities

Next Steps

- **647**, questionnaires received

- Well-being newsletter, and policy paper, March 2010

- Project and portfolio specific reports

- Ethics committee meeting, May 2010

Big Lottery Fund National Well-being Evaluation

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Questions and Answers