



Centre for Local Economic Strategies



Measuring how the voluntary sector contributes to well-being

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The Well-being Programme



- Healthy eating
- Physical activity
- Mental health
- Social well-being

What do we mean by well-being?



'A dynamic state, in which an individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community.'

DIUS, 2008



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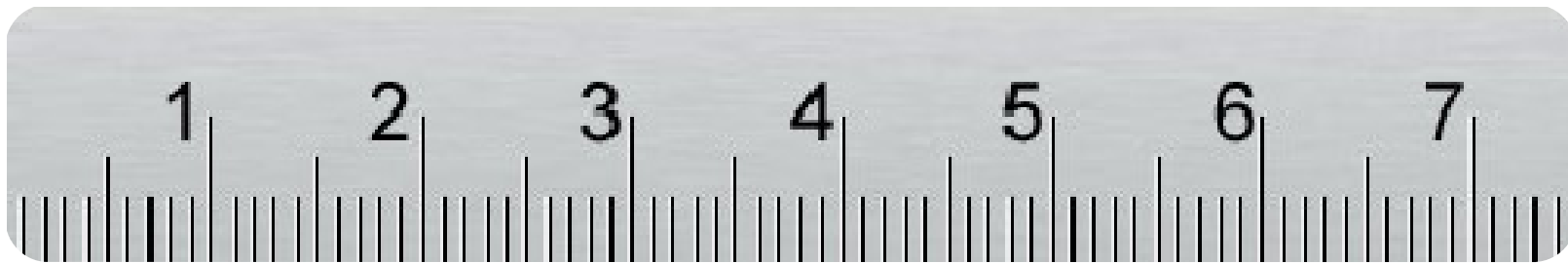
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The evaluation methodology



- Standardised questions
- Self-reported assessment of well-being
- Measuring distance travelled - data collected at three distinct points
- Complemented by qualitative research



The Core+ model



- **3 mirrored tools**

- Primary School children
- Secondary school children
- Adults 65+

- **4 depth modules**

- Healthy eating: autonomy
- Physical Activity: autonomy
- Mental Health: stress and anxiety
- Social Well-being: engagement/participation, belonging and support



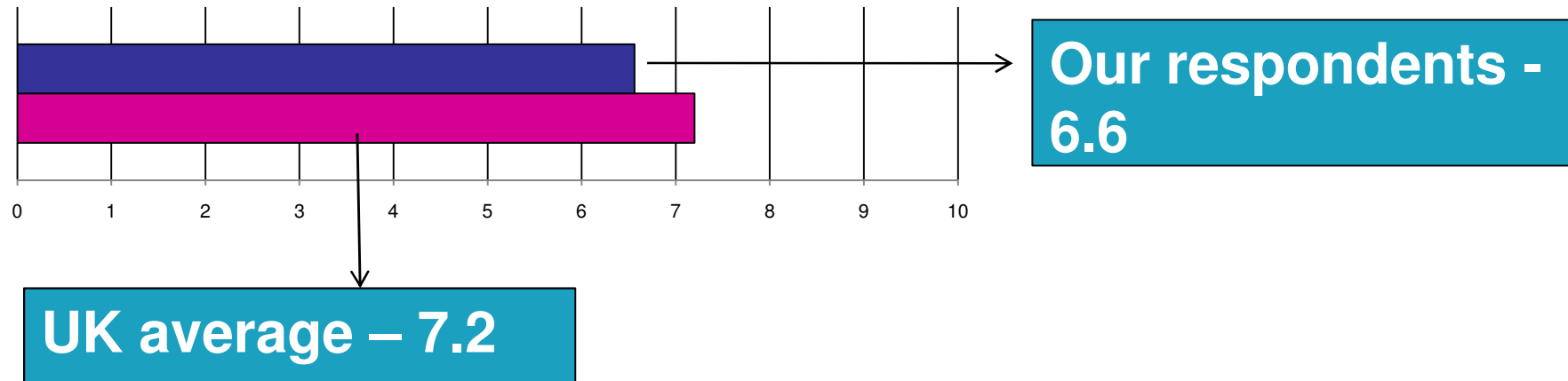
The self-reported well-being status of participants



- **36%** with substantial depressive symptoms compared to 20.8% in UK population (2007)
- **48%** do not eat five portions of fruit and vegetables (58% NW)
- **42%** feel they don't belong to their neighbourhood (7.5% NW)
- **76%** are physically active less than five times a week (69% NW)
- **20%** rarely or never feel relaxed (10.9% NW)
- **35%** have restless sleep
- **31%** think everything is an effort



Self-reported life satisfaction of participants

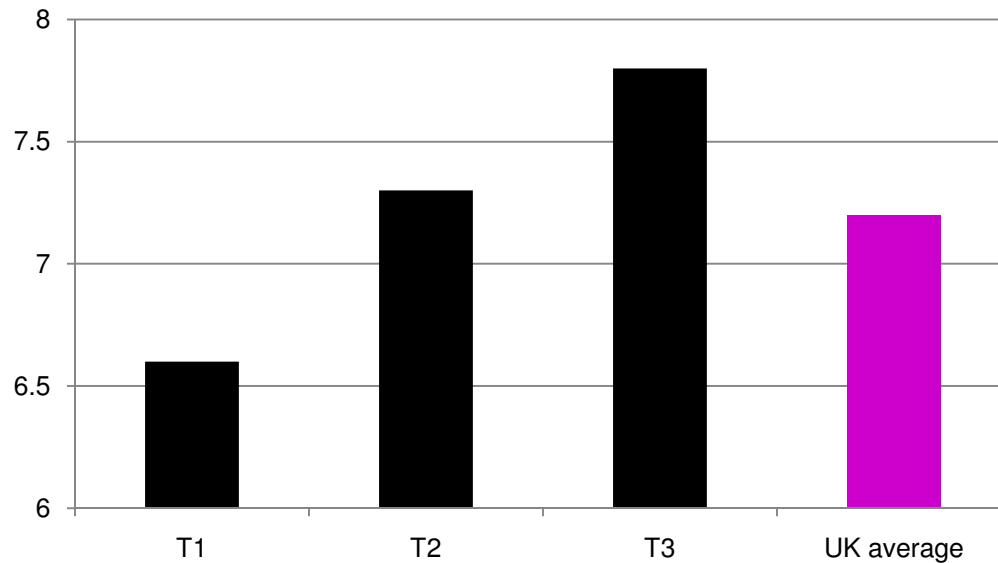


34% with life satisfaction score less than 5



Impact on well-being...

- Very significant improvement in most areas of well-being, between T1-T2



- Statistically significant reduction in depressive symptoms between T1 and T2 & marginally significant improvement in mental well-being T1 - T3

Impact on well-being...

Qualitative research – case studies

- Supported qualitative findings and added value.
- Explored other outcomes and attribution

Overall

- Types of activities...walking, gardening, non-traditional exercise, including engaging with the natural environment and activities that promote social interaction are working well.
- Holistic project seem to be most effective – A strength of VCS



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Impact on Well-being assets

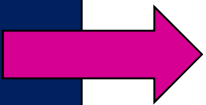


Psychological Resources



- Feel good about myself**
- Feel optimistic about the future**
- Can deal with problems

Functioning



- Feels useful*
- Thinks clearly**
- Can make up own mind
- Feel relaxed**

Relations



- Close to people
- Feel like I belong to the community*



Assets, strands & behaviour



- **Improvements in personal and social well-being assets support changes in healthier behaviour**
- **Interesting correlations**, based on tentative early results
 - healthy eating → life satisfaction
 - physical activity → mental health
 - physical activity → well-being assets
- **Future research:**
 - well-being assets and changes in well-being status
 - well-being and sustained behaviour change
 - which interventions for different types of people and why