



NARACOORTE LUCINDALE WELLBEING PROGRAM

OUR PARTICIPATORY EVALUATION REPORT

JULY 2021



Open Your World



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1. Executive Summary



The primary aim of the Naracoorte Lucindale Wellbeing Program was to support community resilience and wellbeing in response to and in the recovery from COVID-19 in 2020-21, with a focus on interventions and initiatives aimed at priority population groups and targeted communities.

This report provides process and short-term impact evaluation of the twelve Wellbeing Program initiatives that have been delivered as part of the rapid activation to date, between March and June 2021.

Our participatory evaluation included process evaluation through participant narrative and team member observational data. It also focused on immediate and short-term impact evaluation through building in opportunity for reflection into the individual initiatives and follow up participatory evaluation.

Our priorities were to develop and implement systems and processes that built the team's capacity to evaluate on an ongoing basis; to facilitate a process of accountability between all involved; and through direct participant and team engagement, to prepare monthly Stats & Stories reports that include data analysis and insights into the program effectiveness.

Our evaluation approach aimed to demonstrate how interventions and initiatives succeeded in meeting the overall aim of supporting community resilience and wellbeing.

To focus on process and impact evaluation, a set of criteria was developed. These five criteria included monitoring the extent to which our aims were met; the relevance of the initiatives to local needs; whether the initiatives are carried out in a sensitive way; whether the outputs (time, money and resources) were well spent, given the benefits; and ensuring key populations with the greatest need were targeted.

We measure our effectiveness to help determine the extent to which our aims are met.

The Naracoorte Lucindale Wellbeing Program had two main aims –

1. Increasing opportunities for unstructured physical activity
2. Improving social connection, community participation and inclusion

Out of the initiatives delivered in the time period, seven initiatives specifically aimed to improve social connection, community participation and inclusion. Three initiatives aimed to increase opportunities for unstructured physical activity. Two initiatives aimed to deliver both aims.

We reflected on who our delivery partners were to acknowledge who we worked together with to make initiatives be the best it could be. In total, over 25 local partner organisations have been involved in delivering initiatives to date.

We reflected on any additional aims to determine whether each initiative aimed to, or would be likely to, deliver any other benefits, over and above the core focus areas. Additional aims of some initiatives delivered included aims of addressing mental health issues in rural

communities, particularly with men; and helping to spark difficult conversations and encourage people to speak up when battling mental health concerns.

We measured equity to help determine whether the Wellbeing Program targeted and reached key populations with greatest need. Over eight hundred people participated in the initiatives delivered. This included adults, children and may include some people who participated in more than one event.

Four initiatives targeted children, young people and families. Three initiatives specifically targeted older people aged sixty plus. And one initiative targeted the Culturally and Linguistically Diverse or migrant communities. The other initiatives targeted the general population.

Through considering our efficiency, we are able to measure whether the outputs (time, money and resources) are well spent, given the benefits. On average, each initiative took between 10-16 hours to organise and deliver. On average, \$1,000-\$2,500 was spent on each initiative. On average, each initiative was ranked as 'not intensive' by staff. The Good Life Program was the only initiative to score high results, but with high outputs, but the observations made by staff make it apparent that the high outputs were worth it, and it is assumed that future roll out of the program will be less intensive given the content has now already been prepared.

We measured acceptability to help determine whether the Wellbeing Program was delivering initiatives in a sensitive way. Feedback from participants told us that provision of catering at events; provision of information to take home; engaging staff, facilitators or speakers; free events; timing of events; having multiple sessions or flexible programming; familiar faces being involved; and good promotion were all things that helped local people to participate in a sensitive way.

As part of our continuous improvement, we asked what we could improve on to identify the factors that may have hindered the successful delivery of this initiative. Comments from participants and staff observations across all initiatives were relatively minor and operational in nature. They generally included better promotion; some event formats; opportunities for better follow up; range of speakers; general logistical set up improvements; and holding events at a time of year when the weather wouldn't hinder the success.

We measured the appropriateness of the initiatives to consider the relevance of the intervention to participant needs. We considered how each initiative has had an impact on participant wellbeing, both directly after an event and a week later. The team were able to collect immediate impact feedback from a total of one-hundred-and-forty-nine participants across nine of the initiatives about their general experience leading to improved wellbeing, and when asked how the initiative contributed to their mental or physical wellbeing, the average score was 4.36 out of 5.

From participant comments during the evaluation, we were able to observe many positive impacts on their immediate wellbeing. This included an increase in having conversations with friends and family about mental health; increased social connection; increased physical

activity; increased knowledge and goal setting; meeting new people and forming new friendships; inspiration to be more active; and participants becoming connected to a support network.

Our Participatory Evaluation Approach also included a plan to collect quantitative data to measure the impact of initiatives on participant wellbeing one week after each event, using a 1-5 scoring system. Of the six initiatives where this occurred, the average score on whether being part of an initiative inspired the participant to do something different for their wellbeing during the week following the event, averaged at 4.4 out of 5.

From participant comments during the evaluation, we were able to observe many positive impacts on their wellbeing during the week after the initiative. This included greater connection with family and friends regarding mental health; increased physical activity; ongoing involvement in a new club or group; greater social connection; and a sense of pride at staying motivated to exercise.

Staff observations throughout noted similar measures of success. They noted the smooth running of many events, the high levels of engagement of participants in some programs, and noted that the social interaction was often just as positive as the physical wellbeing objectives of initiatives.

This report includes all of the above findings in greater detail. The individual Stats & Stories for each initiative can be found in the Appendices.

2. Background



2.1 About the Naracoorte Wellbeing Program

In May 2020, the South Australian Government implemented a Statewide Wellbeing Strategy to build community resilience and support physical, social, mental and community wellbeing in response to COVID-19.

A key deliverable within this Strategy was a Strategic Partnerships Program, which required State Government agencies to work collaboratively to co-design and co-invest in a response which supported community wellbeing and resilience.

The concept for the Strategic Partnerships Program, developed by State Government partner agencies was for the rapid activation of a small number of community centre sites across two selected focus regions as 'Wellbeing Hubs'. The focus regions for the initial Wellbeing Hubs were the City of Playford in the northern Adelaide metropolitan region, and Naracoorte Lucindale Council in the Limestone Coast.

Naracoorte Lucindale Council used demographic information and data from previous community engagement processes in the region, to identify a program of wellbeing activities and initiatives relevant to their communities.

There was strong alignment with the Naracoorte Lucindale Council Strategic Plan priorities to support and further the wellbeing of their communities and the Limestone Coast Regional Public Health Plan.

The pilot Wellbeing Hubs involved the implementation of a range of activities and initiatives to address aspects of physical, social, mental and community wellbeing. This included wellbeing supports and programs targeted towards population groups who have been disproportionately impacted by COVID-19. The Naracoorte Lucindale Wellbeing Program focussed on children, young people and families, people from culturally and linguistically diverse backgrounds, and older people.

Activation of the pilot Wellbeing Hubs under the Strategic Partnership Program also provided an opportunity to demonstrate a proof of concept for a model under which State Government agencies and Local Government work collaboratively to co-design and co-invest to support the wellbeing of communities, for consideration as a longer-term model.

The primary aim of the Wellbeing Hubs were to support community resilience and wellbeing in response to and in the recovery from COVID-19 in 2020-21, with a focus on interventions and initiatives aimed at priority population groups and targeted communities.

The initial program duration was until June 2021.

2.2 About this report

This report provides process and short-term impact evaluation of the initiatives that have been delivered as part of the rapid activation to date, between March – June 2021.

The following initiatives have been completed and are included in this report -

1. Carpe Diem Theatre Performance
2. Good Life Program
3. Naracoorte Drama Collective
4. School Holiday Sports Program
5. Outdoor Cinema
6. Yoga in the Hall
7. Blue Tree Project
8. Community Walking Groups
9. Come & Try Program – Art Gallery Open Day
10. Come & Try Program – Men’s Shed Open Day
11. Come & Try Program – Naracoorte Singers Concert & Afternoon Team
12. Step it up challenge

These initiatives are reported on via individual *Stats & Stories* in the appendices to this report.

2.3 About Our Participatory Evaluation Approach

Participatory evaluation is an approach that involves the stakeholders of a program or policy in the evaluation process. This kind of evaluation is crucial to wellbeing initiatives because we need to understand how our interventions are interpreted and responded to.

Our Participatory Evaluation included the following people as active contributors –

- Participants of initiatives delivered by the Naracoorte Lucindale Wellbeing Program.
- Team members (staff and delivery partners) involved in the delivery of each initiative.

Our evaluation process included **process evaluation** through participant narrative and team member observational data. It also focused on **immediate/short-term impact evaluation** through building in opportunity for reflection into the individual initiatives and follow up participatory evaluation.

We identified the following priorities for our evaluation approach for the period of March to June 2021 –

Evaluation Priority – What we aim to do	Evaluation Outcome – What we'll be saying
1. Develop and implement systems and processes that build the team's capacity to evaluate activities on an ongoing basis.	<i>"We feel like we've got a structure to how we evaluate and can continue after Becky's work is done."</i>
2. Facilitate a process of accountability between all involved.	<i>"We can readily demonstrate what the project has achieved, both in terms of the process undertaken and any immediate or short-term impacts we have made."</i>
3. Through direct participant and team engagement, prepare monthly Stats & Stories and final evaluation reports that includes data analysis and insights into the program effectiveness.	<i>"We have an evaluation report that analyses the work we've been doing, as a result of direct engagement with participants and team members."</i>

Our full Participatory Evaluation Approach can be found in the appendices of this report.

3. Evaluation against agreed criteria



Our evaluation approach aimed to demonstrate how interventions and initiatives succeeded in meeting the overall aim of supporting community resilience and wellbeing.

To focus on process and impact evaluation, a set of criteria was developed.

The following criteria were used to undertake our participatory evaluation and are used in this report to assist in judgements regarding the worth of each wellbeing intervention.

Evaluation Criteria	Description
Effectiveness	The extent to which our aims are met.
Appropriateness	The relevance of the intervention to needs.
Acceptability	Whether it's carried out in a sensitive way.
Efficiency	Whether the outputs (time, money and resources) are well spent, given the benefits.
Equity	Equal provision for equal need – targeting key populations with greatest need.

Criteria 1: Effectiveness



We measure our effectiveness to help determine the extent to which our aims are met.

Focus areas

The Naracoorte Lucindale Wellbeing Program had two main aims, as follows –

3. Increasing opportunities for unstructured physical activity
4. Improving social connection, community participation and inclusion

As shown in the table below and in Figure 1, out of the initiatives delivered in the time period, seven initiatives specifically aimed to improve social connection, community participation and inclusion. Three initiatives aimed to increase opportunities for unstructured physical activity. Two initiatives aimed to deliver both aims.

Increasing opportunities for unstructured physical activity	Improving social connection, community participation and inclusion
• School Holiday Sports Program • Yoga in the Hall • Step it up challenge	• Carpe Diem Theatre Performance • Naracoorte Drama Collective • Outdoor Cinema • Blue Tree Project • Come & Try Program – Art Gallery Open Day • Come & Try Program – Men’s Shed Open Day • Come & Try Program – Naracoorte Singers Concert & Afternoon Tea
Both increasing opportunities for unstructured physical activity & improving social connection, community participation & inclusion	
• Good Life Program • Community Walking Groups	

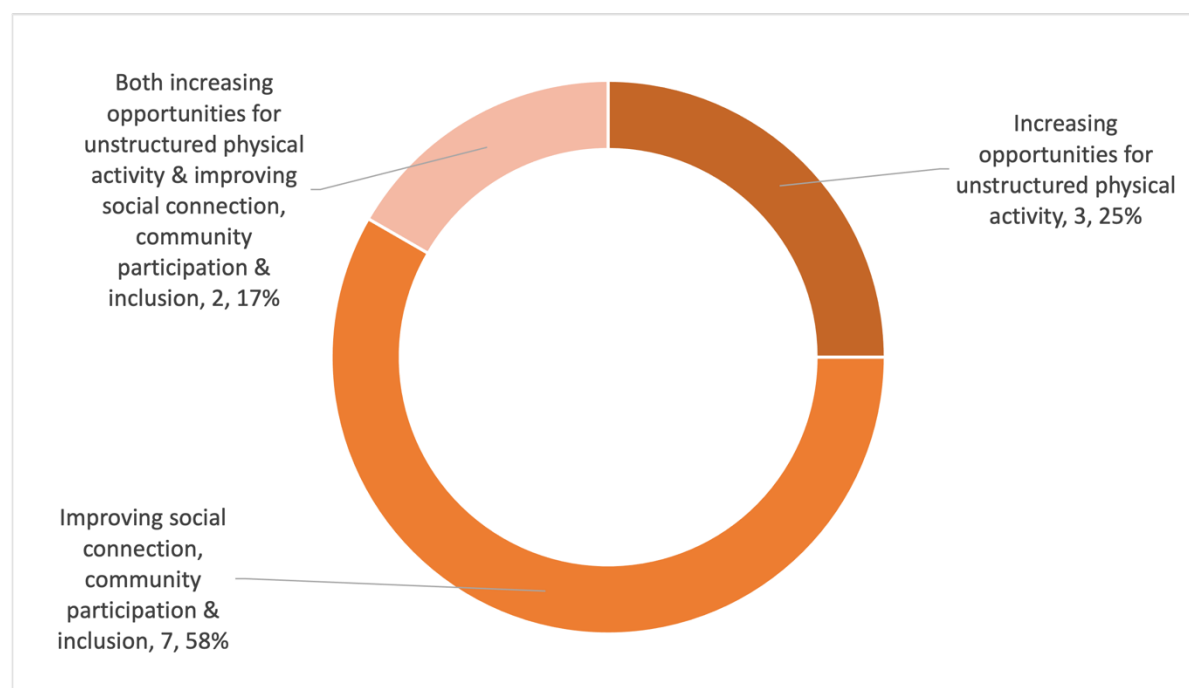


Figure 1 - Chart showing how many initiatives addressed each aim

Delivery partners

We reflected on who our delivery partners were to acknowledge who we worked together with to make initiatives be the best they could be.

Over 25 local partner organisations have been involved in delivering initiatives to date. Delivery partners have included –

-
- | | |
|---|---|
| 1. Amelia Wood Pharmacist | 13. Naracoorte Lucindale Council |
| 2. Bindu Yoga | 14. Naracoorte Men's Shed |
| 3. Centre Stage Scripts | 15. Naracoorte Regional Art Gallery. |
| 4. Good Country Physiotherapy | 16. Naracoorte Scouts |
| 5. Heart Foundation Walking | 17. Naracoorte Singers |
| 6. Luke Patrick (actor) | 18. Naracoorte Squash Club |
| 7. Mandy Curnow Coaching | 19. Naracoorte Suicide Prevention Network |
| 8. Naracoorte and District Basketball Association | 20. Naracoorte United Soccer Club |
| 9. Naracoorte and District Hockey Association | 21. Nutrition with Mary |
| 10. Naracoorte Bowling Club, | 22. South-East Exercise Physiology |
| 11. Naracoorte Football Club | 23. Standby Support After Suicide |
| 12. Naracoorte Lions Club | 24. University of South Australia |
| | 25. 10,000 steps |
-

Additional aims of initiatives

We reflected on any additional aims to determine whether each initiative aims to, or is likely to, deliver any other benefits, over and above the core focus areas.

The team identified that three initiatives delivered to date had additional aims relating to wellbeing, beyond the key focus areas of the Wellbeing Program.

Two out of three of the additional aims related to mental health.

Additional aims across all initiatives to date have included –

Mental Health

- Addressing mental health issues in rural communities, particularly with men.
- Helping to spark difficult conversations and encourage people to speak up when battling mental health concerns.

Knowledge

- The Good Life Program aimed to increase knowledge around the benefits of physical activity on health.

Criteria 2: Equity



We measure equity to help determine whether the Wellbeing Program is targeting and reaching key populations with greatest need.

Total number of participants

Of the 12 initiatives reported on, over 800 people participated in the initiatives delivered. This included adults, children and may include some people who participated in more than one event.

The number of participants who were new to the Wellbeing Program at each event was not known for most initiatives.

Primary audiences

The team determined who the key target population was for each initiative, as shown in the table below and at Figure 2. The Culturally & Linguistically Diverse/migrant population were only specifically targeted via one initiative, being the Outdoor Cinema, where it was noted by staff that this target population were in good attendance.

Initiative	# of initiatives which targeted this group
Children, young people & families	4
Older people (Age 60+)	3
CALD/migrant population	1
Other	5

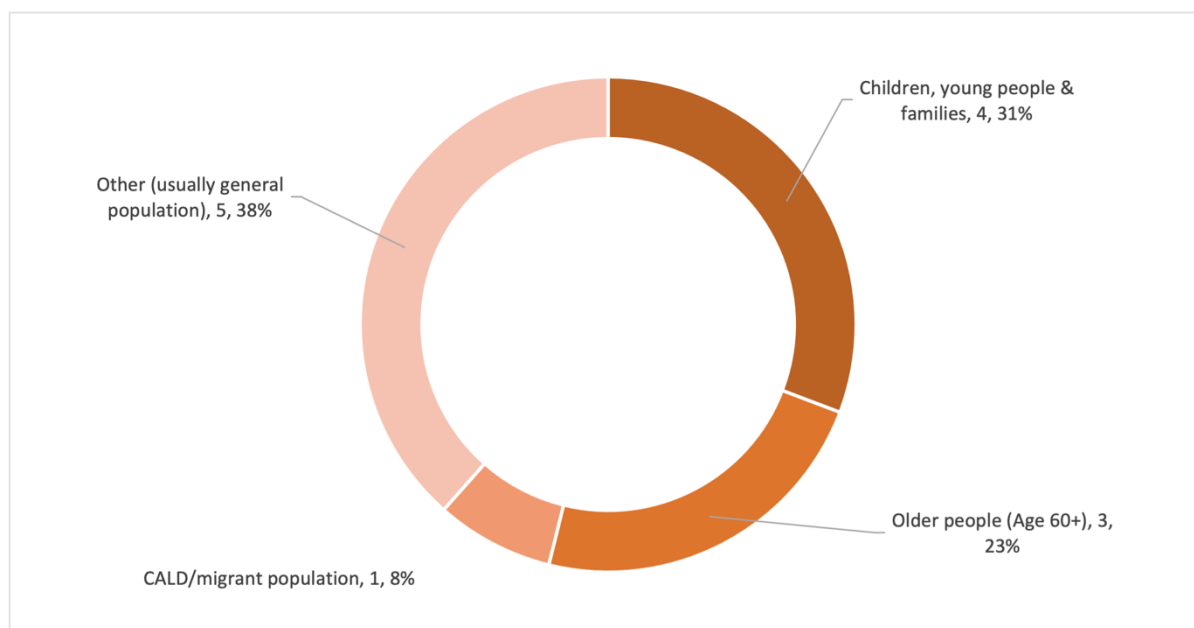


Figure 2 - Chart showing how many initiatives aimed at each key target population

Criteria 3: Efficiency



Through considering our efficiency, we are able to measure whether the outputs (time, money and resources) are well spent, given the benefits. The data collected in the efficiency questions is used to plot against results data on an Outputs versus Results Matrix on each Stats & Stories report.

How much time was spent on organising and delivering initiatives?

We ask this question to help us consider whether the time spent on organising and delivering the initiative was well spent when measured against the benefits.

On average, each initiative took between 10-16 hours to organise and deliver.

For initiatives that took less than 10 hours to organise and deliver, such as the School Holiday Sport Program, staff noted that local knowledge was key to saving time.

Staff noted the high amount of time spent on delivering initiatives such as the Good Life Program, including the preparation of handouts, printing, collation of brochures, marketing plus set up and down time for the whole program.

How much money was spent on organising and delivering initiatives?

We ask this question to help us consider whether the money spent on organising and delivering the initiative was well spent when measured against the benefits.

On average, \$1,000-\$2,500 was spent on each initiative.

How resource intensive was organising and delivering the initiatives?

We ask this question to help us consider whether the resources spent on organising and delivering the initiative were well spent when measured against the benefits. 'Resources' is defined as anything beyond the money spent and staff time, so might include the amount of effort required to physically set up an initiative, or the amount of paperwork required to deliver an initiative.

On average, each initiative was ranked as very easy to set up, also described as not intensive, by staff.

Promotion was noted as the most intensive part of the Carpe Diem Theatre Performance. Staff noted the easy of delivering initiatives such as the Outdoor Cinema, and that such events can be easily adapted to different locations and set ups. Initiatives such as the Yoga in the Hall were also noted as easy to organise, once dates had been worked out. For the Blue Tree Project, the team attributed the ease of organising the event to the tasks being easily split between partners.

Criteria 4: Acceptability



We measure acceptability to help determine whether the Wellbeing Program is delivering initiatives in a sensitive way. This is particularly important in relation to engaging the targeted key populations.

What's working well about the initiatives?

As part of our continuous improvement, we asked *what's working well* to identify the factors that helped to make the delivery of this initiative a success.

Greater detail of participant feedback and team observations are included in the individual Stats & Stories reports in the appendices.

However, notable feedback from participants that can lead to some assumptions about what's working well.

The most notable assumptions highlight the importance of the following features of the Wellbeing Program -

- Provision of catering at events
- Provision of information to take home
- Engaging staff/facilitators/speakers
- Free events
- Timing of events
- Multiple sessions/flexible programming
- Familiar faces
- Good promotion

The table below shows the assumptions made based on a selection of comments from participants.

Assumptions	Comment made	Initiative
We can assume that the provision of catering at the event made this initiative easier to attend for this participant.	"Great to have sausage sizzle first."	Carpe Diem Theatre Performance
We can assume that providing information to take home made this initiative more useful for this participant.	"Handouts very useful to refer back to"	Good Life Program
We can assume that the presence of engaging	"Luke was a great facilitator who was excellent at	Naracoorte Drama Collective

staff/facilitator/speaker made this initiative work well for participants.	engaging with all participants.” (Team observation)	
	The teacher - Jacqui's voice, how friendly she was” “Jacqui was warm, friendly and approachable.”	Yoga in the Hall
	“Talk by Tracey (Stand By) was great to communicate with students.”	Blue Tree Project
	“Leaders are friendly”	Community Walking Groups
We can assume that the event being free was something that worked well for this participant.	“Free night out with kids.”	Outdoor cinema
We can assume that timing was convenient and suitable for this participant.	“Time is good”	Community Walking Groups
We can assume that having multiple sessions and/or flexible programming worked well.	“It was good to be able to be flexible about which sessions we attended.”	School Holiday Sports Program
We can assume that having familiar faces involved worked well for this participant.	“Friends were there.”	
We can assume that good promotion ensured that this event worked well for many participants.	“Promotion was great. Facebook and ads in the paper were of good value. People not connected to the shed mentioned the event. Good coverage from the Herald paper.”	Come & Try Program – Men’s Shed Open Day

What could we improve on?

As part of our continuous improvement, we asked what we could improve on to identify the factors that may have hindered the successful delivery of this initiative. Comments from participants across all initiatives were operational in nature and generally included the following themes.

Participant feedback	Team observations
Promotion	
• More publicity to alert people before event. • Would be great if more people attended. • Could have been better advertised. • More advertising to let others know. • Need to communicate better with local media. • More advertising (some didn't find out early enough).	• It was attendance in the first instance that was tricky, despite a call from the community for it, wide publicity and registrations. • Regular advertising across the community
Event/session format	
• People less likely to open up in group discussion. • Start the film earlier. • In the beginning the pace was too quick.	• More social coffee time to encourage interaction and ad-hoc organisation of physical activity. • Could have started the film earlier - 7pm rather than 7.30.
Planning	
• There was a lot of other things happening that day.	• Time was against us with this initiative. More lead time to properly advertise and plan a bigger event would be good i.e. Involve local sports stars and schedule the sessions differently. • Finding a block of time with no public holidays.

Follow up

- Need to be able to contact someone after the event.
 - Sharing of participant contact details (with permission) to enable group organisation after the program
-

Speakers

- Consider getting all guest speakers together for a forum at the conclusion of the program - open discussion.
 - Include a GP and podiatrist in speaker list (highest number of participants requesting these two as additional speakers).
 - Having members of the local Suicide Prevention Network stand out from the crowd more, and get them involved in collecting feedback, so that they have a presence and are approachable post performance in case anyone needed to talk
 - Other health professionals to speak
-

Set up

- A microphone to hear the emcee better.
 - Provide bean bags.
 - Have a coffee cart.
 - Upstairs was too small (Jessie note: this room was used for the last session when there was a clash with another booking)
 - System should be connected to a program like Strava where steps are recorded, shouldn't rely on manual recording system.
 - A microphone to make an announcement at the beginning/end of the night would have been helpful to help get feedback forms returned on the night.
-

Climate/Weather

- The weather played a big part in this event. Holding it at a warmer time of year would have made things easier.
 - Warmer weather.
 - Weather.
 - Occasionally the room was too cool for some.
 - More outdoor sessions if weather and physical ability of participants permits
-

Criteria 4: Appropriateness



We measure the appropriateness of the initiatives to consider the relevance of the intervention to participant needs. We consider how each initiative has had an impact on participant wellbeing, both directly after an event and a week later.

Contribution to wellbeing directly after event

The team were able to collect immediate impact feedback from a total of 149 participants about their general experience leading to improved wellbeing.

Our Participatory Evaluation Approach includes a plan to collect quantitative data to measure the impact of initiatives on participant wellbeing directly after each event, using a 1-5 scoring system.

Across the 9 initiatives where immediate impact was evaluated, the average score when asked "How did being involved in this initiative contribute to your mental and/or physical wellbeing?" (or similar) with 1 being not at all and 5 being very much, was **4.36 out of 5**.

In addition to the quantitative scoring above, the team collected comments from participants that reflected on the immediate impact the initiatives had had on their wellbeing.

A selection of these are shown below along with some assumptions that can be made.

Initiative	Participant comments	Assumptions
Carpe Diem Theatre Performance	"A realisation or confirmation on my status or condition." "It really helped me and guide me to understanding how to assist others." "It was relatable. It was simple and powerful." "Laughter is good medicine." "Entertaining but with serious messages." "Stressed importance of dealing with challenges head on." "I just love going to the theatre! Fabulous messages and delightfully entertaining too." "A show like this prompts thoughts about ones own situation in life. Important for those who are finding life challenging. Certainly typical of how men deal with mental illness." "Could relate to many of the issues."	Numerous participants felt a strong immediate impact and resonated with the key messages of the initiative, particularly in relation to having conversations about mental health .
Good Life Program	It was reported that 84% participants said they would implement changes to their	It can be assumed that this result (combined with staff observations) indicated increased socialisation ,

	health and lifestyle as a result of attending the program.	increased physical activity, increased knowledge around lifestyle factors influencing health, increased knowledge on goal setting and self-motivation.
Naracoorte Drama Collective	"I've learnt from Luke how to question my 'why', and by extension a character 'why'. For example, what motivates me, and why do I react in certain ways? He challenged me to think about things in a different way. More confident.	From the comments made, we can assume that the participants had increased motivation, ability to reflect on lifestyle, and an increased confidence.
School holiday sports program	"Got to meet new people and do physical activity."	Participant met new people and undertook physical activity.
Outdoor cinema	"Made me happy. Made me laugh."	Participant directly states that they feel good as a result of the event.
Yoga in the Hall	"Have been more physically active. Have done more yoga." "Have been more aware of my breathing and stress levels." "Have made more time to relax, unwind." "A chance to take time out for me."	Participants directly state that they feel good as a result of the initiative. Participants have learnt to manage mental health better . Participants inspired to be more active . Participants taking time out for themselves, leading to more positive physical and mental health.
Blue Tree Project	"Provided an opportunity to get together and chat about a subject that is difficult. Was a fun way to talk about mental health. I found out who I can reach out to. Was a safe space to talk."	Participants became connected to support network . Participants learnt about mental health.
Community Walking Groups	"Meeting with other like-minded people in the community." "Being in fresh air and nature." "Gets my heart rate up."	Participants became connected to other like-minded people. Participants undertook physical activity of benefit to their health.
Art Gallery Open Day	Team observation: A friendship has been formed by two young men	Participants have formed friendships (which in turn results in great social connectedness) as a

	with Autism as a result of activities on this day.	result of being a part of the Wellbeing program.
Men's Shed Open Day	Team observation: The Men's Shed have had an increase in memberships and an increase in the number of projects they have been asked to work on as a result.	Social connection, community participation and inclusion have increased as a direct result of the Wellbeing Program.
Naracoorte Singers Concert & Afternoon tea	Team observation: The Naracoorte Scouts Group were engaged to provide afternoon tea for the concert and involved with the serving of food and cleaning up of dishes. This resulted in young people and old people engaging together in the same space.	Social connection has increased as a direct result of the Wellbeing Program.
Step it up challenge	"Tracking numbers helped me to move more."	Physical activity has increased for this participant as a result of the Wellbeing Program.

Contribution to wellbeing one week after event

Our Participatory Evaluation Approach includes a plan to collect quantitative data to measure the impact of initiatives on participant wellbeing one week after each event, using a 1-5 scoring system.

The team collected this data for six of the initiatives.

The average score when asked “How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week?” with 1 strongly disagree and 5 being strongly agree, was **4.4 out of 5**.

In addition to the quantitative scoring above, the team collected comments from participants that reflected on the impact the initiatives had had on their wellbeing for the week following the initiative.

A selection of these are shown below along with some assumptions that can be made.

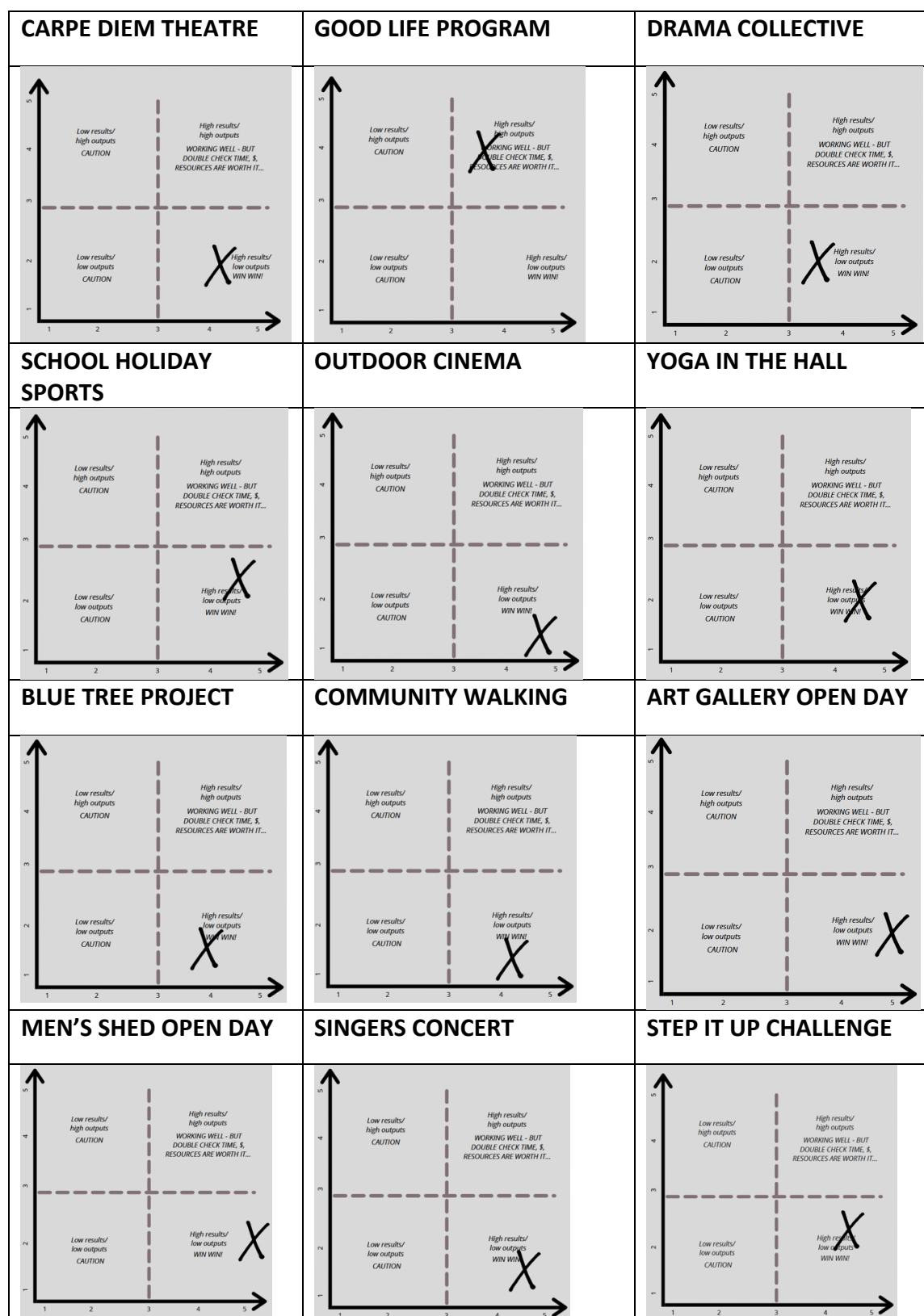
Initiative	Participant comments	Assumption
Carpe Diem Theatre Performance	"Made more of a conscious effort to check in with friends I haven't heard from in a while." "Reached out to someone to chat instead of bottling up my feelings and getting on with it." "Rang my daughter for a chat who lives interstate, and I haven't seen because of COVID." "Monitored my own wellbeing and stress levels" "Spent more time talking to family and friends." "Attempt to support those around me more effectively." "Conversing about issues usually left unsaid."	It can be assumed that a number of participants made changes as a result of the performance, most specifically connecting with family and friends regarding mental health . Several participants noted they had checked in with family or friends , and some noted reaching out to others to talk about their own mental health .
Good Life Program	Verbal feedback from some participants - one has started parkrun every week; six have joined a strength training class; one has prioritised herself more by getting a carer in to look after her husband so she can exercise more consistently.	The Good Life Program has increased physical activity on an ongoing basis for participants .

School holiday program	Staff observations: One club had enquiries about memberships following the program.	The initiative potentially resulted in ongoing community involvement for at least one participant via a club membership.
Outdoor cinema	“Some of my kids are shy and would stay home if I let them. This allowed them to get out of their comfort zone.” “Fantastic to see families from diverse backgrounds. It was wonderful and different.”	The initiative encouraged community involvement , by both children and adults. The initiative connected communities.
Yoga in the Hall	“Have been continuing with the stretches throughout the week.” “Has inspired me to do yoga on my own during the week.” “Encouraged me to take time for myself.” “Encouraged me to focus on my own breathing.” “Have started looking for other yoga classes in town.”	The initiative prompted participants to undertake physical activity during their own time. The initiative led to greater social connection through participants seeking out more opportunities to undertaken yoga.
Community Walking Group	“It has inspired me to walk by myself early in the morning.” “Motivation to attend even in bad weather.” “I walk 2 or more times a week now. This and Good Life have helped change my outlook on life.”	Participants have increased physical activity. Participant is feeling proud that they managed to stay motivated to exercise during bad weather.
Step it up challenge	“Motivating, especially in winter”	This participant became more motivated to undertake physical activity as a result of the initiative.

Outputs versus Results



We use the scores provided via the effectiveness, equity, and appropriateness criteria questions to plot against the scores given against outputs. This helps us to quantify whether the time, money and resources were well spent, given the benefits.



It is insightful to see which initiatives are achieving high results with lower outputs. From this exercise, we can see that the majority of initiatives are seeing high results, with low outputs.

The Good Life Program was the only initiative to score high results, but with high outputs.

It was noted by the team that the Good Life Program took 10 hours of program content delivery, 8 hours of set up and set down time for the whole program, approximately 24 hours of preparation across the course of the program, and 2 hours of marketing time. This was also a more expensive initiative to deliver, being rated in the \$5,000+ category.

Whilst the immediate impact of the Good Life Program was rated well by participants (4.5 out of 5), the evaluation one week after the event was not completed so it is difficult to determine whether the time, money and resources were well spent as the medium-term benefits are unknown.

The team observations note however that the initiative achieved very positive outcomes across all aspects of the program.

It could be assumed that future roll outs of the Good Life Program might score as being less resource intensive, given that a large part of the planning (i.e. program content) has already been undertaken.

General team/expert observations



Our participatory evaluation approach includes team observations, based on the on-the-ground presence and expertise the staff working on organising and delivering each initiative have.

Over the 12 initiatives reported, many observations have been made regarding the positive impacts that have been made towards participant wellbeing.

These include –

- For the Carpe Diem Theatre Performance, the team noted that the key target group for this initiative was men, but also the wider community who can support men who may not engage directly. It was noted that this event went smoothly.
- For the Good Life Program, the team noted the fantastic engagement by participants with very positive outcomes achieved across all aspects of the program from nearly all participants. They observed the social interaction over tea/coffee breaks as being very positive, and that strong social links formed between some participants, who used to be work colleagues but had lost touch (even in a small town). Staff noted that many participants have started a new form of exercise as a direct result of the program (eg parkrun) and that some have set challenging but realistic physical activity goals and have been achieving them. The summarised that overall it was visible that there was greater awareness amongst participants of how they can help improve their own health.
- Staff observations of the Naracoorte Drama Collective were that most participants responded enthusiastically to the facilitator Luke, engaging well in discussions. The team observed that many participants were reluctant at first to participate in activities because it put them out of their comfort zone, but with encouragement appeared to enjoy themselves (smiles, laughter).
- Staff observed that the School Holiday Sports Program resulted in one club receiving enquires about membership following the program. They also noted that some groups in the CALD/Multicultural community expressed an interest in participating in a similar program.
- The Outdoor Cinema was deemed as a great, well attended event by staff. They noted that offering free popcorn and water was a hit with those that attended.
- Staff observed that attendance remained steady across the 6 weeks of the Yoga in the Hall classes, but dropped off on the long weekend (13 June). Staff noted that there has been talk among the three yoga teachers in town about how they can continue to run classes at this time. Some people attended classes more than once but there were always new people every week. Staff said that the majority of participants indicated they would like to participate again.
- Staff noted that the overall event for the Blue Tree Project was hampered by a cold, wet day which made painting the tree difficult. However, the NDSPN set up a display,

representatives from Naracoorte High School attended, chatted to Tracey Wanganeen from Stand By, plus both teachers and students received information from BeyondBlue and made a start on the tree. Staff counted approximately 13 members of the general public who came past for a chat and to have a look.

- The team have observed that the Community Walking Group is steadily gaining more participants each week, even in bad weather, with a mix of regular walkers and new people. Some have joined after attending the Good Life Program. The team noted that the social aspect of the walks has been just as important as the physical benefits.
- Staff noted the success of the Come & Try Program events. They noted that the art gallery has formed a 'Community Art Collective' as a result of the Art Gallery Open Day and will be running regular classes for the remainder of 2021. As a result of the Men's Shed open day, the group have had an increase in memberships and an increase in the number of projects they have been asked to work on. Their visibility within the community has increased. At the Naracoorte Singers Concert, the Naracoorte Scouts Group were engaged to provide afternoon tea for the concert and involved with the serving of food and cleaning up of dishes. The team observed that this resulted in young people and old people engaging together in the same space.

Appendices



5. Appendices

Appendix 5.1 Stats & Stories 1 – Carpe Diem Theatre Performance

Appendix 5.2 Stats & Stories 2 – Good Life Program

Appendix 5.3 Stats & Stories 3 – Naracoorte Drama Collective

Appendix 5.4 Stats & Stories 4 – School Holiday Sports Program

Appendix 5.5 Stats & Stories 5 – Outdoor Cinema

Appendix 5.6 Stats & Stories 6 – Yoga in the Hall

Appendix 5.7 Stats & Stories 7 – Blue Tree Project

Appendix 5.8 Stats & Stories 8 – Community Walking Groups

Appendix 5.9 Stats & Stories 9 – Come & Try Program Art Gallery Open Day

Appendix 5.10 Stats & Stories 10 – Come & Try Program Men’s Shed Open Day

Appendix 5.11 Stats & Stories 11 – Come & Try Program Naracoorte Singers Concert

Appendix 5.12 Stats & Stories 12 – Step it up Challenge

Stats & Stories 1

- CARPE DIEM THEATRE PERFORMANCE - 31 MARCH 2021 -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- ☐ INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- ☒ IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Centre Stage Scripts, Standby, Naracoorte Suicide Prevention Network, Naracoorte Lions Club

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

Addressing mental health issues in rural communities, particularly with men.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **4**

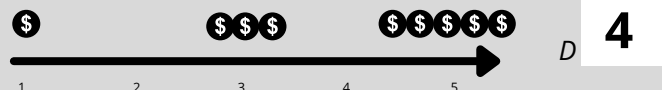
EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



How much money was spent on delivering this initiative?



How resource intensive was delivering this initiative?



COMMENTS

Promotion of event to ensure target audience was reached was the most intensive part of this initiative.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

75

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

100%

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES



CALD/MIGRANT POPULATION



OLDER PEOPLE (AGE 60+)



OTHER



TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

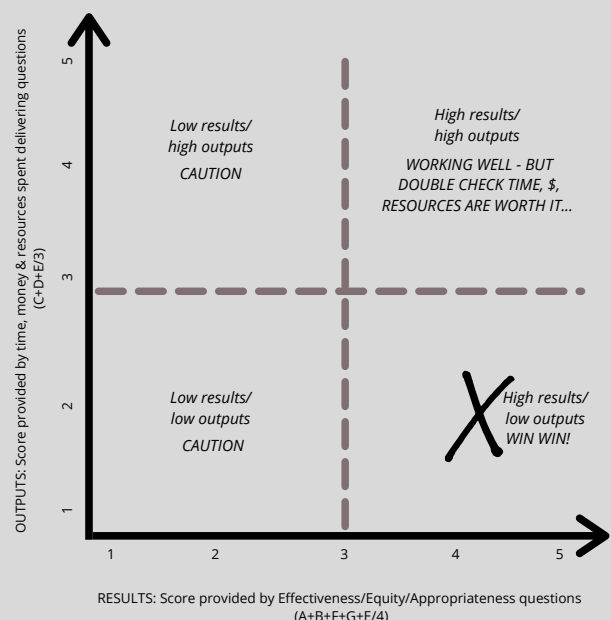
B **4**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

There was a good mix of people (men, women, youth). There were a number of members of clubs (Mens Shed, Lions) that are already very good at supporting one another. Would have been good to get more men who fall outside of these groups to attend.

OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

PARTICIPANT FEEDBACK

Great to have sausage sizzle first. Chance to connect with people. Would love to see more of these plays. Straight to the point. Did not sugar coat the issues. Intimate setting. Really good play to watch, even as a young adult.

TEAM OBSERVATIONS

It was low effort from an organisation perspective while connecting with a large group of people. Went smoothly.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

A microphone to hear the emcee better. More publicity to alert people before event. People less likely to open up in group discussion. Need to be able to contact someone after the event.

TEAM OBSERVATIONS

Having members of the local Suicide Prevention Network stand out from the crowd more, and get them involved in collecting feedback, so that they have a presence and are approachable post performance in case anyone needed to talk.

APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER/AT EVENT**

28 people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)

AVERAGE SCORE

4

Participant comments on how the initiative contributed to their wellbeing **DIRECTLY AFTER/AT EVENT** -

"A realisation or confirmation on my status or condition." "Keep going! I loved the whole performance! **It really helped me and guide me to understanding how to assist others.**" "It was **relatable**. It was simple and **powerful**." "**Laughter is good medicine.**" "Entertaining but **with serious messages**." "Stressed importance of **dealing with challenges head on**." "I just **love** going to the theatre! **Fabulous messages** and delightfully entertaining too." "A show like this **prompts thoughts about ones own situation in life**. **Important for those who are finding life challenging**. Certainly typical of how men deal with mental illness." "**Could relate to many of the issues.**"

IMPACT OF INITIATIVE **ONE WEEK AFTER EVENT/COMPLETION**

9 people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 –Strongly agree)

AVERAGE SCORE

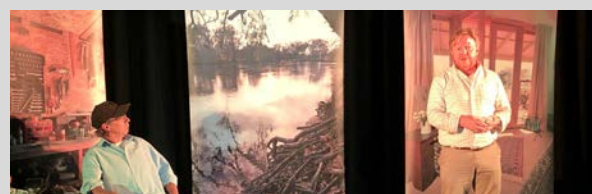
4.2

Participant comments on how the initiative inspired them do something different in the **WEEK FOLLOWING** the initiative/end of initiative -

7 out of 9 respondents (78%) said they did something differently during the last week because of attending Carpe Diem. "Made **more of a conscious effort to check in with friends** I haven't heard from in a while." "**Reached out to someone to chat** instead of bottling up my feelings and getting on with it." "**Rang my daughter for a chat** who lives interstate and I haven't seen because of COVID." "**Monitored my own wellbeing and stress levels**" "Spent **more time talking to family and friends**." "**Attempt to support those around me more effectively**." "**Conversing about issues usually left unsaid**."

GENERAL TEAM/EXPERT OBSERVATIONS

Key target group for this initiative was men, but also the wider community who can support men who may not engage directly.



Stats & Stories 2

- GOOD LIFE PROGRAM - 11 MARCH - 29 APRIL 2021 -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- ✓ INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- ✓ IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Good Country Physiotherapy; Mandy Curnow Coaching; Amelia Wood Pharmacist; South East Exercise Physiology; Nutrition with Mary; University of South Australia

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

Increase knowledge around benefits of physical activity on health

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **5**

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



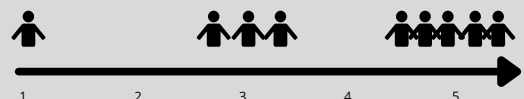
C **4**

How much money was spent on delivering this initiative?



D **5**

How resource intensive was delivering this initiative?



E **3**

COMMENTS

10 hours of program content delivery; 8 hours of set up/set down time for the whole program; approx 25 hours of preparation across the course of the program (preparation of handouts, printing, collation of brochures etc); 2 hours of marketing time (writing social media and print media stories)

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

15

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

100%

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES



CALD/MIGRANT POPULATION



OLDER PEOPLE (AGE 60+)



OTHER



TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

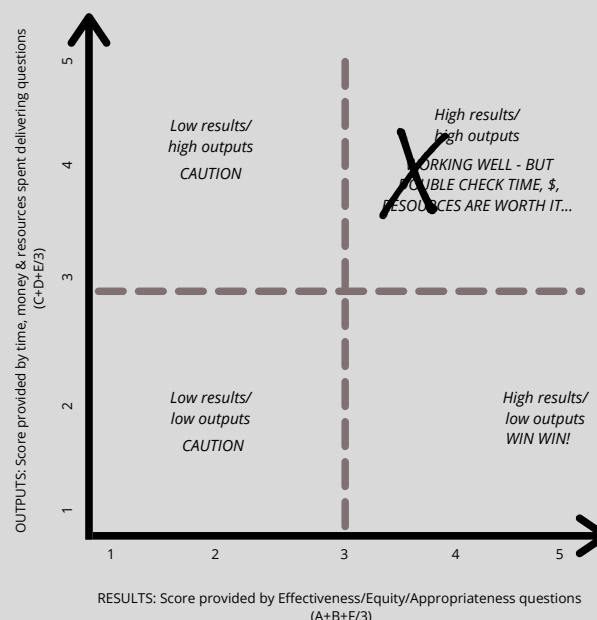
B **5**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

Because all participants were from the targeted key population groups

OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

PARTICIPANT FEEDBACK

Across the 7 weeks, the average implementation score (how likely participants were to implement what they learnt in the sessions) = 84.4%. The average recommendation score (how likely participants were to recommend the program to someone else) = 94.9%. In the end of program evaluation, 91% participants felt there was a good balance between theory and practical content; 100% participants reported between some improvement and significant improvement for their knowledge on healthy behaviours. "great idea, enjoyed it" "keep encouraging people of all ages and abilities that something can be achieved" "program was very informative and easy to follow and do at home" "handouts very useful to refer back to"

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

Consider getting all guest speakers together for a forum at the conclusion of the program - open discussion. Include a GP and podiatrist in speaker list (highest number of participants requesting these two as additional speakers).

TEAM OBSERVATIONS

Other health professionals to speak; more outdoor sessions if weather and physical ability of participants permits; more social coffee time to encourage interaction and ad-hoc organisation of physical activity; sharing of participant contact details (with permission) to enable group organisation after the program

APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE DIRECTLY AFTER/AT EVENT

15 people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)

AVERAGE SCORE
4.5

Participant comments on how the initiative contributed to their wellbeing DIRECTLY AFTER/AT EVENT -

84% participants said they would implement changes to their health and lifestyle as a result of attending the program - used this stat to assume score of 4.5/5 for the impact score above. Increased socialisation, increased physical activity, increased knowledge around lifestyle factors influencing health, increased knowledge on goal setting and self motivation

IMPACT OF INITIATIVE ONE WEEK AFTER EVENT/COMPLETION

N/A people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 –Strongly agree)

AVERAGE SCORE
N/A

Participant comments on how the initiative inspired them do something different in the WEEK FOLLOWING the initiative/end of initiative -

Verbal feedback from some participants - **one has started parkrun every week; six have joined a strength training class**; one has **prioritised herself more** by getting a carer in to look after her husband so she can exercise more consistently

GENERAL TEAM/EXPERT OBSERVATIONS

Fantastic engagement by participants with very positive outcomes achieved across all aspects of the program from nearly all participants. Good mix of theory and practical. **Social interaction over tea/coffee breaks very positive** - strong **social links formed** between some participants, who used to be work colleagues but had lost touch (even in a small town). Many participants have **started a new form of exercise as a direct result of the program** (eg parkrun). Some have set challenging but realistic physical **activity goals** and have been achieving them. Overall **greater awareness amongst participants** of how they can help improve their own health.



Stats & Stories 3

- NARACORTE DRAMA COLLECTIVE - 15 MARCH - 28 APRIL 2021 -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- ☐ INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- ☒ IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Luke Patrick (actor)

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

None.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **3**

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



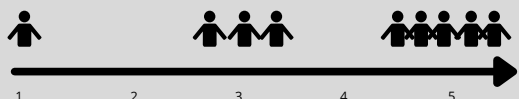
C **1**

How much money was spent on delivering this initiative?



D **4**

How resource intensive was delivering this initiative?



E **1**

COMMENTS

No comments.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

56

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Not known

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES



CALD/MIGRANT POPULATION



OLDER PEOPLE (AGE 60+)



OTHER



TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

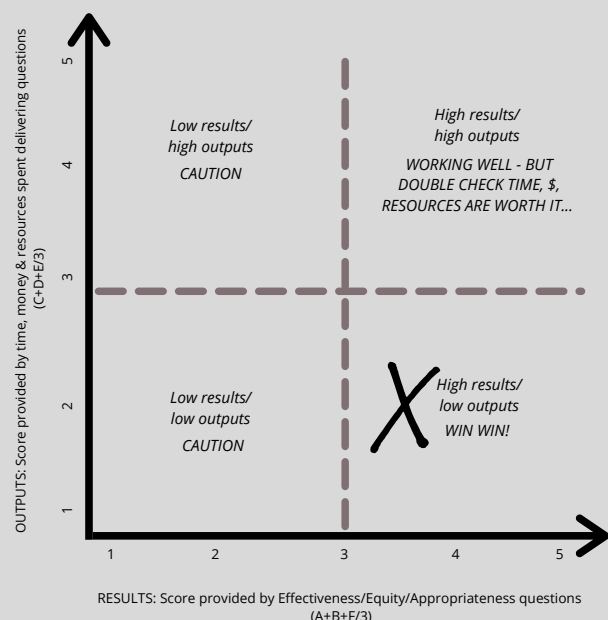
B **4**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

This initiative was initially offered to the wider community after multiple requests for such a program, however it was adapted and offered to high school drama students in order to better reach the targeted population of the Wellbeing Program.

OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

PARTICIPANT FEEDBACK
Philosophical and inward looking. Helped me/us understand the importance of studying human behaviour and how this relates to character development and presentation for a performance. He really made me think about my life from a different perspective.

TEAM OBSERVATIONS
Luke was a great facilitator who was excellent at engaging with all participants.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK
Would be great if more people attended.

TEAM OBSERVATIONS
Not sure how this could be run differently. Format worked well, it was attendance in the first instance that was tricky, despite a call from the community for it, wide publicity and registrations.

APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE DIRECTLY AFTER/AT EVENT

5 people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)

AVERAGE SCORE
4

Participant comments on how the initiative contributed to their wellbeing DIRECTLY AFTER/AT EVENT -

I've learnt from Luke how to **question my 'why'**, and by extension a character's 'why'. For example; what motivates me, and why do I react in certain ways?; He **challenged me** to think about things in a different way. **More confident.**

IMPACT OF INITIATIVE ONE WEEK AFTER EVENT/COMPLETION

N/A people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 –Strongly agree)

AVERAGE SCORE
N/A

Participant comments on how the initiative inspired them do something different in the WEEK FOLLOWING the initiative/end of initiative -

Not undertaken. See notes below.

GENERAL TEAM/EXPERT OBSERVATIONS

Because this initiative changed formats it was difficult to capture feedback directly from participants.

Staff observations however were that **most participants responded enthusiastically** to Luke, **engaging well in discussions**. Many were reluctant at first to participate in activities because it put them **out of their comfort zone**, but with encouragement **appeared to enjoy themselves (smiles, laughter)**.

Older age groups (grades 10 - 12) were more responsive than younger age groups (grades 8 - 9).



Stats & Stories 4

- SCHOOL HOLIDAY SPORTS PROGRAM - 21-23 APRIL 2021

EFFECTIVENESS

Which focus area did this initiative aim to address?

- ☒ INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- ☐ IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Naracoorte Bowling Club, Naracoorte and District Basketball Association, Naracoorte and District Hockey Association, Naracoorte Football Club, Naracoorte Squash Club, Naracoorte United Soccer Club

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

None.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **4**

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



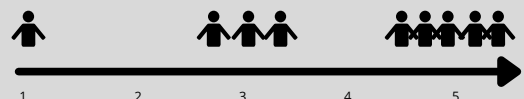
C **1**

How much money was spent on delivering this initiative?



D **4**

How resource intensive was delivering this initiative?



E **2**

COMMENTS

Local knowledge was key here.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

57

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Not known

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES



CALD/MIGRANT POPULATION



OLDER PEOPLE (AGE 60+)



OTHER



TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

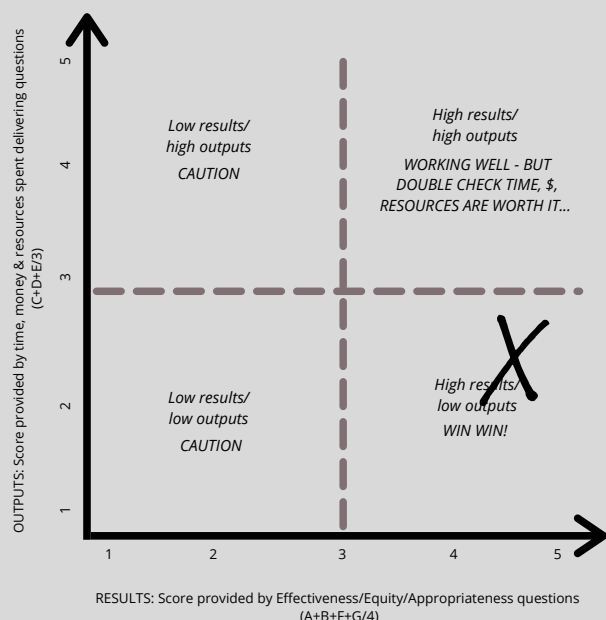
B **5**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

57 different participants, but many attended multiple sessions over the 3 day program.

OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

PARTICIPANT FEEDBACK

Got to try new things. Friends were there. It was fun. The volunteers from each club did a great job with such a varying range of ages and abilities. Although numbers were on the small side, it mean there wasn't overcrowding so the children had a decent go and sometimes personal tutors. It was good to be able to be flexible about which sessions we attended.

TEAM OBSERVATIONS

Semi-structured nature of all of the events worked well. Sessions started will basic instruction but then participants were able to run around, play, and have a go in their own way.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

Could have been better advertised.

TEAM OBSERVATIONS

Time was against us with this initiative. More lead time to properly advertise and plan a bigger event would be good ie. Involve local sports stars, and schedule the sessions differently.

APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE DIRECTLY AFTER/AT EVENT

23 people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)

AVERAGE SCORE

F 4.7

Participant comments on how the initiative contributed to their wellbeing DIRECTLY AFTER/AT EVENT -

Got to meet new people and do physical activity.

IMPACT OF INITIATIVE ONE WEEK AFTER EVENT/COMPLETION

3 people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 –Strongly agree)

AVERAGE SCORE

G 4.3

Participant comments on how the initiative inspired them do something different in the WEEK FOLLOWING the initiative/end of initiative -

My girls had a wonderful time and participated in all sports (except bowls) over the two days. Our children enjoyed trying out different sports (and I did too!)

GENERAL TEAM/ EXPERT OBSERVATIONS

One club had enquiries about memberships following the program.

Some groups in the CALD/Multicultural community have expressed interest in participating in a similar program.



Stats & Stories 5

- OUTDOOR CINEMA - 30 APRIL 2021 -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- ☐ INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- ☒ IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Naracoorte Lucindale Council.

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

None.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **4**

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



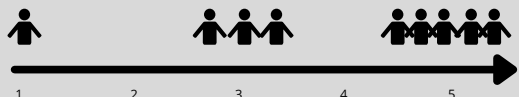
C **1**

How much money was spent on delivering this initiative?



D **2**

How resource intensive was delivering this initiative?



E **1**

COMMENTS

Very easy initiative to run. Can be adapted to different locations and set ups, to keep it interesting.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

Approx 215

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Not known

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES



CALD/MIGRANT POPULATION



OLDER PEOPLE (AGE 60+)



OTHER



TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

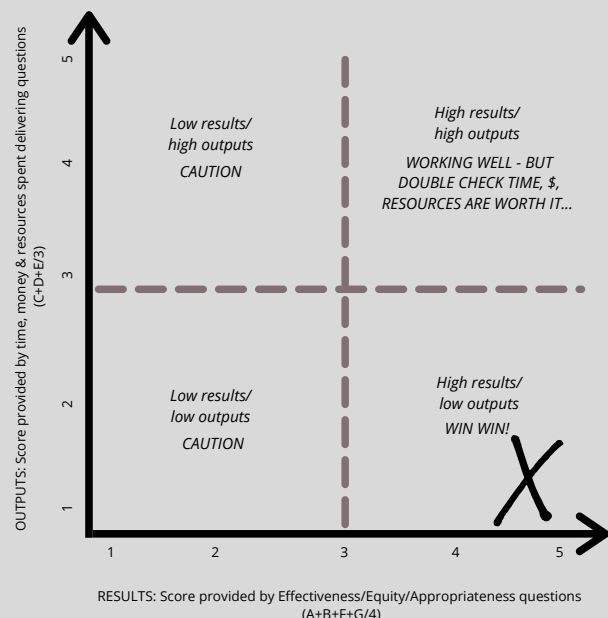
B **5**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

The evening was well attended by families, including the CALD/Migrant population

OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

PARTICIPANT FEEDBACK
Free night out with kids. Free popcorn dinner. Great venue. Great choice of film. Very inclusive. Perfect weather.

TEAM OBSERVATIONS
Very easy initiative to run. Accessible event for families with low socio economic status and the multicultural community.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK
Start the film earlier. Have a coffee cart. Warmer weather. Provide beanbags. No glitches in the film.

TEAM OBSERVATIONS
Could have started the film earlier - 7pm rather than 7.30. A microphone to make an announcement at the beginning/end of the night would have been helpful to help get feedback forms returned on the night. Unfortunately the DVD kept glitching, even though it had been provided by the film distribution company.

APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER/AT** EVENT

15 people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)

AVERAGE SCORE
5

Participant comments on how the initiative contributed to their wellbeing **DIRECTLY AFTER/AT** EVENT -

Made me **happy**. Made me **laugh**. Easy, accessible night out **with the kids**.

IMPACT OF INITIATIVE **ONE WEEK AFTER** EVENT/COMPLETION

21 people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 –Strongly agree)

AVERAGE SCORE
4.47

Participant comments on how the initiative inspired them do something different in the **WEEK FOLLOWING** the initiative/end of initiative -

Some of my kids are shy and would stay home if I let them. This **allowed them to get out of their comfort zone**. Fantastic to see **families from diverse backgrounds**. It was **wonderful and different**. Thoroughly **enjoyable** for adults and kids.

GENERAL TEAM/ EXPERT OBSERVATIONS

A great night. Well attended.

We offered free popcorn and water which was a hit with those that attended.



Stats & Stories 6

- YOGA IN THE HALL - 16 MAY - 20 JUNE 2021 -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- ☒ INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- ☐ IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Naracoorte Lucindale Council and Bindu Yoga.

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

None.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **5**

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



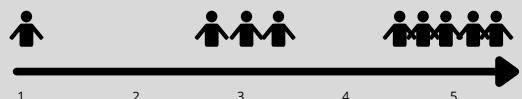
C **2**

How much money was spent on delivering this initiative?



D **3**

How resource intensive was delivering this initiative?



E **1**

COMMENTS

Very easy to organise once dates had been worked out with yoga teacher.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

Average
30 per week

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Not known

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES

☐

CALD/MIGRANT POPULATION

☐

OLDER PEOPLE (AGE 60+)

☐

OTHER

☒

TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

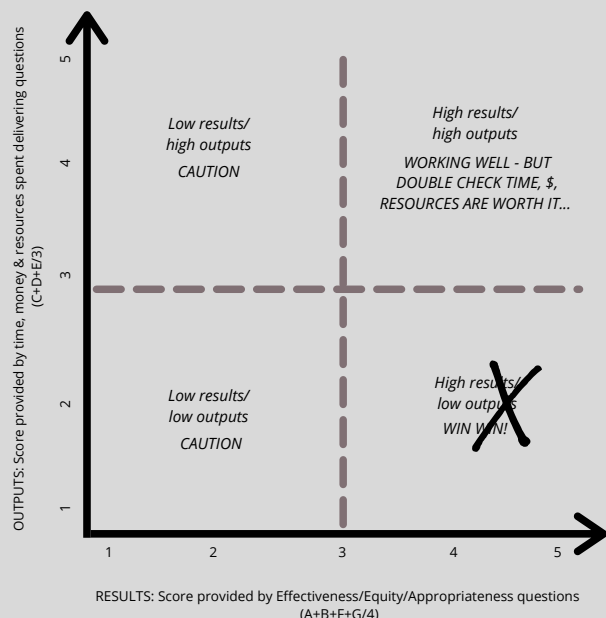
B **4**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

There was a mix of ages from teenagers to over 65s.

OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

PARTICIPANT FEEDBACK

The space (dim lights, warmth). The teacher (Jacqui's voice, how friendly she was). The time (during the week it is difficult to make an evening class, Sunday morning worked well). Jacqui was warm, friendly and approachable.

TEAM OBSERVATIONS

Easy to run.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

Occasionally the room was too cool for some. More advertising (some didn't find out early enough). Upstairs was too small (Jessie note: this room was used for the last session when there was a clash with another booking)

TEAM OBSERVATIONS

Finding a block of time with no public holidays. Using different instructors on a rotating basis.

APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE DIRECTLY AFTER/AT EVENT

31 people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)

AVERAGE SCORE

4.6

Participant comments on how the initiative contributed to their wellbeing DIRECTLY AFTER/AT EVENT -

Have been **more physically active**. Have done **more yoga**. Have been **more aware of my breathing and stress levels**. Have made **more time to relax, unwind**. A chance to **take time out for me**.

IMPACT OF INITIATIVE ONE WEEK AFTER EVENT/COMPLETION

11 people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 –Strongly agree)

AVERAGE SCORE

4.63

Participant comments on how the initiative inspired them do something different in the WEEK FOLLOWING the initiative/end of initiative -

Gave me a **chance to find something I love doing**. Allowed me to **reset for the week**. Have been **continuing with the stretches** throughout the week. Has **inspired me to do yoga on my own** during the week. Encouraged me to **take time for myself**. Encouraged me to **focus on my own breathing**. Have started **looking for other yoga classes in town**.

GENERAL TEAM/ EXPERT OBSERVATIONS

Attendance remained steady across the 6 weeks, but dropped off on the long weekend (13 June). There has been talk among the three yoga teachers in town about how they can continue to run classes at this time. Some people attended classes more than once but there were always new people every week. Majority of participants have indicated they would like to participate again.



Stats & Stories 7

- BLUE TREE PROJECT - 16 JUNE 2021 -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- ☐ INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- ☒ IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Naracoorte and Districts Suicide Prevention Network (NDSPN), Stand By Support After Suicide Mt Gambier

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

Help spark difficult conversations and encourage people to speak up when battling mental health concerns.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **4**

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



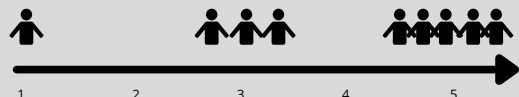
C **2**

How much money was spent on delivering this initiative?



D **2**

How resource intensive was delivering this initiative?



E **1**

COMMENTS

Very easy to organise with tasks evenly split between partners.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

29

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Not known

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES



CALD/MIGRANT POPULATION



OLDER PEOPLE (AGE 60+)



OTHER



TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

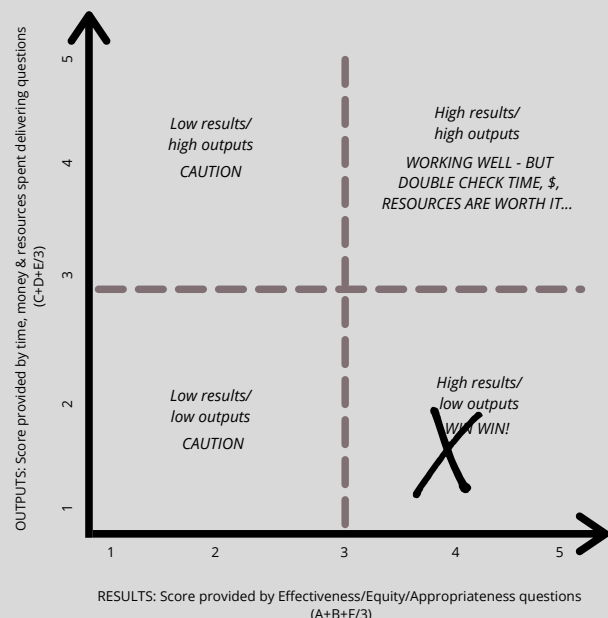
B **4**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

7 Wellbeing Warriors and Youth Mental Health Ambassadors from Naracoorte High School attended and painted the tree. The event was also attended by 4 families with young children.

OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

PARTICIPANT FEEDBACK
It started the conversation. Using small pots of paint and brushes meant more people could have a go. Was an effective way to share information about the network, Stand By and mental health. Talk by Tracey (Stand By) was great to communicate with students.

TEAM OBSERVATIONS
The small nature of this event meant that the engagement between students, teachers and Tracey was personal and meaningful.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK
Weather. Need to communicate better with local media.

TEAM OBSERVATIONS
The weather played a big part in this event. Holding it at a warmer time of year would have made things easier.

APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER/AT** EVENT

5 people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)

AVERAGE SCORE

4

Participant comments on how the initiative contributed to their wellbeing **DIRECTLY AFTER/AT** EVENT -

Provided an **opportunity to get together** and **chat about a subject that is difficult**. Was **a fun way to talk about mental health**. I found out **who I can reach out to**. Was **a safe space to talk**.

IMPACT OF INITIATIVE **ONE WEEK AFTER** EVENT/COMPLETION

0 people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 –Strongly agree)

AVERAGE SCORE

N/A

Participant comments on how the initiative inspired them do something different in the **WEEK FOLLOWING** the initiative/end of initiative -

Not collected.

GENERAL TEAM/ EXPERT OBSERVATIONS

Overall event was hampered by a cold, wet day which made painting the tree difficult. However, the NDSPN set up a display, representatives from Naracoorte High School attended, chatted to Tracey Wanganeen from Stand By, both teachers and students received information from Beyond Blue and made a start on the tree and approx. 13 members of the general public came past for a chat and to have a look. The painting will be completed when the weather is better. Members of the NDSPN did 2 radio interviews and spoke to 2 newspapers.



Stats & Stories 8

- COMMUNITY WALKING GROUPS - WEEKLY -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- ✓ INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- ✓ IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Good Country Physiotherapy, Heart Foundation Walking

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

None.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **4**

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



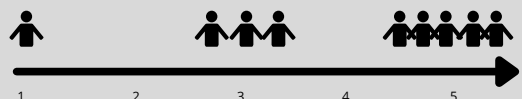
C **2**

How much money was spent on delivering this initiative?



D **1**

How resource intensive was delivering this initiative?



E **1**

COMMENTS

Heart Foundation Walking is a easy model to work with. Support given with purchase of pedometers for participants, the design of a poster and promotion of group throughout the community.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

Average
9 per week

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Not known

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES



CALD/MIGRANT POPULATION



OLDER PEOPLE (AGE 60+)



OTHER



TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

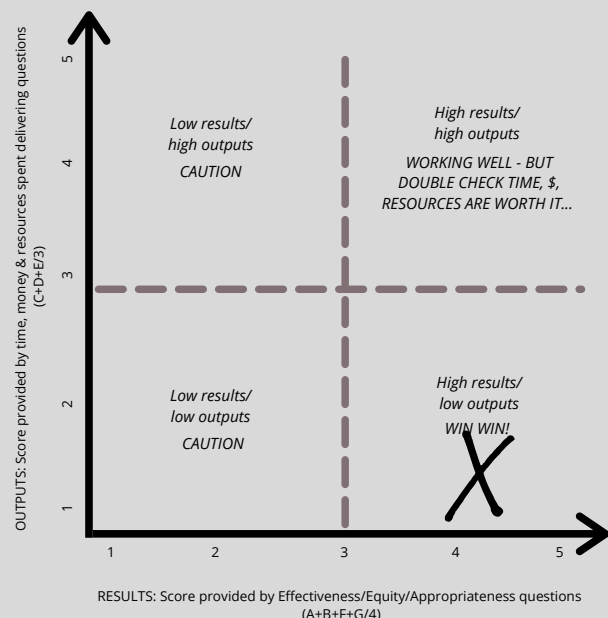
B **4**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

No comment.

OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

PARTICIPANT FEEDBACK

Time is good. Leaders are friendly.

TEAM OBSERVATIONS

Good Country Physio are a good partner for the Wellbeing program.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

In the beginning the pace was too quick. More advertising to let others know.

TEAM OBSERVATIONS

Regular advertising across the community

APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE DIRECTLY AFTER/AT EVENT

14 people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)

AVERAGE SCORE

F 4.42

Participant comments on how the initiative contributed to their wellbeing DIRECTLY AFTER/AT EVENT -

Meeting with other like minded people in the community. Being in fresh air and nature. Gets my heart rate up.

IMPACT OF INITIATIVE ONE WEEK AFTER EVENT/COMPLETION

6 people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 –Strongly agree)

AVERAGE SCORE

G 4.22

Participant comments on how the initiative inspired them do something different in the WEEK FOLLOWING the initiative/end of initiative -

It has inspired me to walk by myself early in the morning. Motivation to attend even in bad weather. I walk 2 or more times a week now. This and Good Life have helped change my outlook on life.

GENERAL TEAM/ EXPERT OBSERVATIONS

Group is steadily gaining more participants each week, even in bad weather, with a mix of regular walkers and new people. Some have joined after attending the Good Life Program. Social aspect has been just as important as the physical benefits.



Stats & Stories 9

- COME & TRY PROGRAM - ART GALLERY OPEN DAY - 30 MAY 2021

EFFECTIVENESS

Which focus area did this initiative aim to address?

- ☐ INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- ☒ IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Naracoorte Lucindale Council & Naracoorte Regional Art Gallery.

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

None.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **5**

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



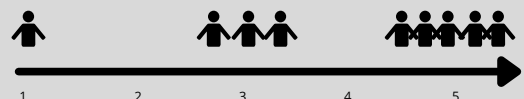
C **2**

How much money was spent on delivering this initiative?



D **2**

How resource intensive was delivering this initiative?



E **2**

COMMENTS

A grant was provided to the Gallery to run an open day. Support given in early days of planning, through the design of a poster and promotion of event.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

43

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Not known

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES



CALD/MIGRANT POPULATION



OLDER PEOPLE (AGE 60+)



OTHER



TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

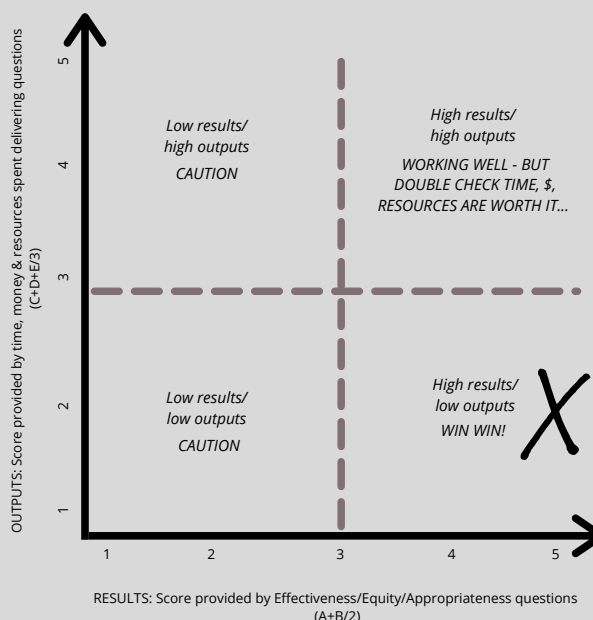
B **5**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

Targeted at social clubs rather than a particular demographic. Attracted a range of ages.

OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

PARTICIPANT FEEDBACK

The drawing class was popular. Having buskers out the front drew more people in .

TEAM OBSERVATIONS

Providing grants was a great way to encourage groups within in the community to try something different.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

There was a lot of other things happening that day.

TEAM OBSERVATIONS

None.

APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER/AT** EVENT

0 people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)

AVERAGE SCORE

N/A

Participant comments on how the initiative contributed to their wellbeing **DIRECTLY AFTER/AT** EVENT -

None.

IMPACT OF INITIATIVE **ONE WEEK AFTER** EVENT/COMPLETION

0 people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 –Strongly agree)

AVERAGE SCORE

N/A

Participant comments on how the initiative inspired them do something different in the **WEEK FOLLOWING** the initiative/end of initiative -

None.

GENERAL TEAM/ EXPERT OBSERVATIONS

As this was an open day, it was difficult to capture feedback from those that attended.

The art gallery has formed a 'Community Art Collective' as a result of this initiative and will be running regular classes for the remainder of 2021.

A friendship has been formed by two young men with Autism as a result of activities on this day.



Stats & Stories 10

- COME & TRY PROGRAM - MEN'S SHED OPEN DAY -

- 16 June 2021 -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- ☐ INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- ☒ IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Naracoorte Lucindale Council & Naracoorte Men's Shed.

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

None.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **5**

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



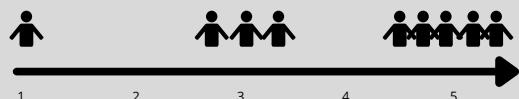
C **2**

How much money was spent on delivering this initiative?



D **2**

How resource intensive was delivering this initiative?



E **2**

COMMENTS

A grant was provided to the Men's Shed to run an open day. Support given in early days of planning, through the design of a poster and promotion of event.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

39

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Not known

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES

☐

CALD/MIGRANT POPULATION

☐

OLDER PEOPLE (AGE 60+)

☐

OTHER

☒

TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

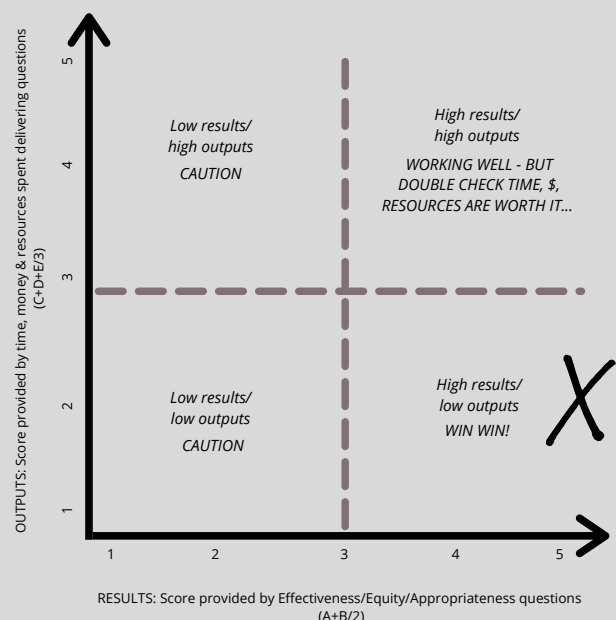
B **5**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

Targeted at social clubs rather than a particular demographic. Attracted a range of ages.

OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

PARTICIPANT FEEDBACK

Promotion was great. Facebook and ads in the paper were of good value. People not connected to the shed mentioned the event. Good coverage from the Herald paper - journalist spent time before and during the event. Coordination from Coucil was excellent and timely.

TEAM OBSERVATIONS

Providing grants was a great way to encourage groups within in the community to try something different.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

From our point of view there was nothing we could think of that could be improved. In fact the comment from one was that if we did it again, the same process would be perfect.

TEAM OBSERVATIONS

None.

APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE DIRECTLY AFTER/AT EVENT

0 people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)

AVERAGE SCORE

N/A

Participant comments on how the initiative contributed to their wellbeing DIRECTLY AFTER/AT EVENT -

None.

IMPACT OF INITIATIVE ONE WEEK AFTER EVENT/COMPLETION

0 people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 –Strongly agree)

AVERAGE SCORE

N/A

Participant comments on how the initiative inspired them do something different in the WEEK FOLLOWING the initiative/end of initiative -

None.

GENERAL TEAM/ EXPERT OBSERVATIONS

As this was an open day, it was difficult to capture feedback from those that attended.

The Men's Shed have had an **increase in memberships** and **an increase in the number of projects they have been asked to work on** as a result.

Their **visibility within the community** has increased.



Stats & Stories 11

- COME & TRY PROGRAM - NARACORTE SINGERS CONCERT & AFTERNOON TEA -
- 27 JUNE 2021 -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- ☐ INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- ☒ IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Naracoorte Lucindale Council, Naracoorte Singers, Naracoorte Scouts

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

None.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **4**

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



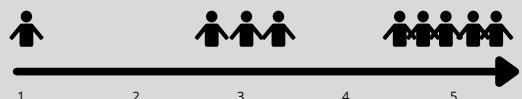
C **2**

How much money was spent on delivering this initiative?



D **2**

How resource intensive was delivering this initiative?



E **1**

COMMENTS

Grant provided to Naracoorte Singers which allowed them to reconvene after Covid.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

155

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Not known

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES



CALD/MIGRANT POPULATION



OLDER PEOPLE (AGE 60+)



OTHER



TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

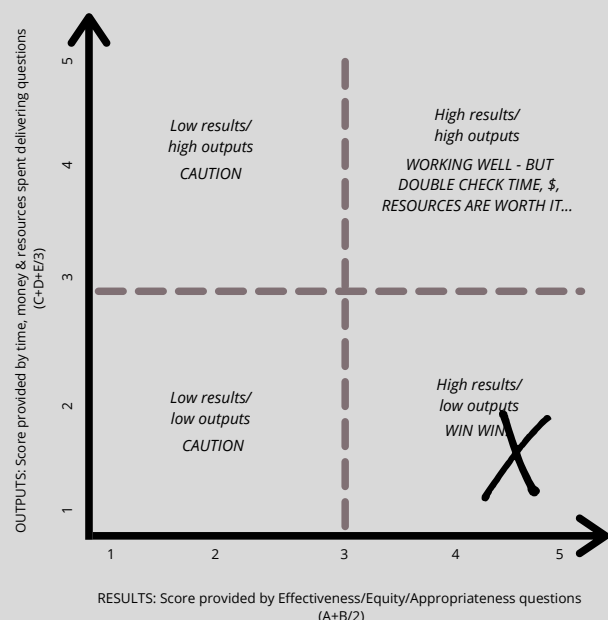
B **5**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

Available to the whole community but participants predominately older residents.

OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

PARTICIPANT FEEDBACK

Was fantastic to all be together again, after so long. Town Hall an easy space to perform in.

TEAM OBSERVATIONS

Providing grants was a great way to encourage groups within in the community to come together and try something different.

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

We were a little rusty!

TEAM OBSERVATIONS

None.

APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE DIRECTLY AFTER/AT EVENT

0 people participated in evaluation

How much did attending X today contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)

AVERAGE SCORE

N/A

Participant comments on how the initiative contributed to their wellbeing DIRECTLY AFTER/AT EVENT -

None.

IMPACT OF INITIATIVE ONE WEEK AFTER EVENT/COMPLETION

0 people participated in evaluation

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 –Strongly agree)

AVERAGE SCORE

N/A

Participant comments on how the initiative inspired them do something different in the WEEK FOLLOWING the initiative/end of initiative -

None.

GENERAL TEAM/ EXPERT OBSERVATIONS

As this was a concert, it was difficult to capture feedback from those that attended.

The Naracoorte Scouts Group were engaged to provide afternoon tea for the concert and involved with the serving of food and cleaning up of dishes. This resulted in **young people and old people engaging together in the same space.**



Stats & Stories 12

- STEP IT UP CHALLENGE -

- 1-30 JUNE 2021 -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- ☒ INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- ☐ IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

Naracoorte Lucindale Council, 10,000 Steps

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

None.

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A **4**

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



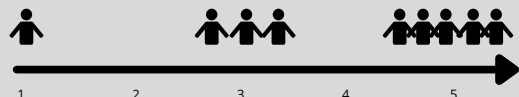
C **3**

How much money was spent on delivering this initiative?



D **3**

How resource intensive was delivering this initiative?



E **1**

COMMENTS

Using existing steps challenge format made this initiative easy to get going. Time spent advertising, recruiting and encouraging participants throughout the challenge was the most labour intensive part.

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

100

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Not known

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES

☐

CALD/MIGRANT POPULATION

☐

OLDER PEOPLE (AGE 60+)

☐

OTHER

☒

TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

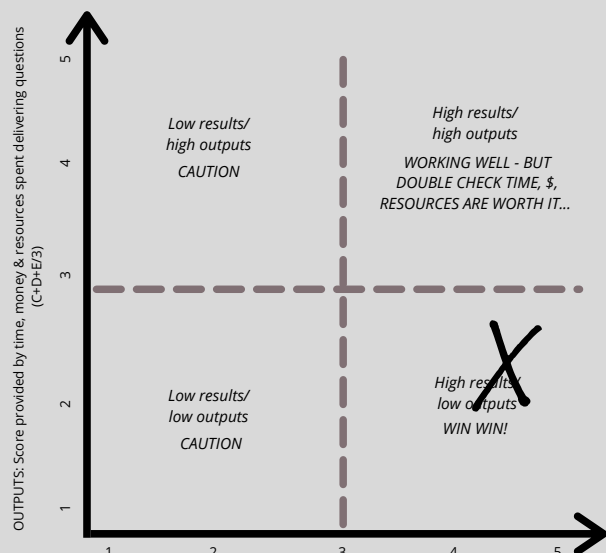
B **5**

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

Targeted whole community.

OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



RESULTS: Score provided by Effectiveness/Equity/Appropriateness questions (A+B+F+G/4)

ACCEPTABILITY

WHAT WORKED WELL ABOUT THIS INITIATIVE?

PARTICIPANT FEEDBACK

Easy to participate in. Free.

TEAM OBSERVATIONS

Easy enough to manage. Using an already existing program was great.

Was the initiative carried out in a sensitive way?

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

Honesty system doesn't work. Should be connected to a program like Strava where steps are recorded. Shouldn't rely on a manual recording system. Interface of website was confusing with options for minutes and steps.

TEAM OBSERVATIONS

Although using the 10,000 Steps platform seemed like the easiest method, it relies too heavily on people being honest when having to put in their steps manually - people can easily make up their numbers. The platform should have to be connected to an app which does the recording for the participant instead.

APPROPRIATENESS

IMPACT OF INITIATIVE **DIRECTLY AFTER/AT** EVENT

13 people participated in evaluation

Participant comments on how the initiative contributed to their wellbeing **DIRECTLY AFTER/AT** EVENT -

"Tracking numbers helped me to move more."

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

How much did attending X today contribute to your wellbeing? (1 - Not at all, 2 - Not really, 3 - Undecided, 4 - Somewhat, 5 - Very much)

AVERAGE SCORE

4.3

F

IMPACT OF INITIATIVE **ONE WEEK AFTER** EVENT/COMPLETION

3 people participated in evaluation

Participant comments on how the initiative inspired them do something different in the **WEEK FOLLOWING** the initiative/end of initiative -

"Motivating, especially in the winter."

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 - Somewhat disagree, 3 - Neither agree/disagree, 4 - Somewhat agree, 5 - Strongly agree)

AVERAGE SCORE

4.6

G

GENERAL TEAM/ EXPERT OBSERVATIONS

"There needed to be more options for watches to be synced. I just hope everyone was honest with their steps to make it a fair challenge."



NARACOORTE LUCINDALE STEP IT UP CHALLENGE

1 - 30 JUNE 2021

The Goal: To accumulate as many steps as possible this June
Form a team or challenge your friends!

Appendix 5.13 Our Participatory Evaluation Approach

Naracoorte Lucindale Wellbeing Program

Our Participatory Evaluation Approach

March 2021
Prepared by Becky Hirst

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Background

In May 2020, the South Australian Government implemented a Statewide Wellbeing Strategy to build community resilience and support physical, social, mental and community wellbeing in response to COVID-19.

A key deliverable within this Strategy is a Strategic Partnerships Program, which requires State Government agencies to work collaboratively to co-design and co-invest in a response which supports community wellbeing and resilience.

The concept for the Strategic Partnerships Program, developed by State Government partner agencies is for the rapid activation of a small number of community centre sites across two selected focus regions as 'Wellbeing Hubs'. The focus regions for the initial Wellbeing Hubs are the City of Playford in the northern Adelaide metropolitan region, and Naracoorte Lucindale Council in the Limestone Coast.

Naracoorte Lucindale Council has used demographic information and data from previous community engagement processes in the region, to identify a program of wellbeing activities and initiatives relevant to their communities.

There is strong alignment with the Naracoorte Lucindale Council Strategic Plan priorities to support and further the wellbeing of their communities and the Limestone Coast Regional Public Health Plan.

The pilot Wellbeing Hubs will involve the implementation of a range of activities and initiatives to address aspects of physical, social, mental and community wellbeing. This will include wellbeing supports and programs targeted towards population groups who have been disproportionately impacted by COVID-19. The Naracoorte Lucindale Wellbeing Program focusses on children, young people and families, people from culturally and linguistically diverse backgrounds, and older people.

The pilot sites may also incorporate existing and planned wellbeing related programs and activities delivered by Local Government and State Government, with possible contracting of third parties with a broader scope.

Activation of the pilot Wellbeing Hubs under the Strategic Partnership Program also provides an opportunity to demonstrate a proof of concept for a model under which State Government agencies and Local Government work collaboratively to co-design and co-invest to support the wellbeing of communities, for consideration as a longer-term model.

The primary aims of the Wellbeing Hubs are to support community resilience and wellbeing in response to and in the recovery from COVID-19 in 2020-21, with a focus on interventions and initiatives aimed at priority population groups and targeted communities.

The initial program duration is until June 2021.

Why evaluate?

It is important for health promotion to prove its worth through evaluation of its activities, though evaluating such initiatives is not a straightforward task¹.

Our evaluation approach will aim to demonstrate which interventions and initiatives succeeded in meeting the overall aim of supporting community resilience and wellbeing.

We will aim to identify effective health promotion practice which is therefore justified to continue at the Naracoorte Lucindale Wellbeing Program into the future, and to feed our learnings back into the planning process in order to evolve the initiative. What we learn from our evaluation may also be fed into other practice across South Australia, or beyond.

In relation to the Naracoorte Lucindale Wellbeing Program, we have identified the following priorities for our evaluation approach for the time period of March to June 2021 –

Evaluation Priority – What we aim to do	Evaluation Outcome – What we'll be saying
1. Develop and implement systems and processes that build the team's capacity to evaluate activities on an ongoing basis.	<i>"We feel like we've got a structure to how we evaluate and can continue after Becky's work is done."</i>
2. Facilitate a process of accountability between all involved.	<i>"We can readily demonstrate what the project has achieved, both in terms of the process undertaken and any immediate or short-term impacts we have made."</i>
3. Through direct participant and team engagement, prepare monthly Stats & Stories and final evaluation reports that includes data analysis and insights into the program effectiveness.	<i>"We have an evaluation report that analyses the work we've been doing, as a result of direct engagement with participants and team members."</i>

Important to note

It is important to note that traditional health services are typically measured by quantitative research and clinical trials. In this kind of health promotion and wellbeing work, creating evidence-based practice is not as simple as this. Our interventions are likely to involve different kinds of activities, different participants, an ongoing timescale, and many partners who are likely to each have their own objectives. The wide range of variants make the traditional quantitative clinical trial type framework not suitable for this particular evaluation.

We also know that health promotion is not only concerned with health or behavioural outcomes but is broadly based with an emphasis on goals such as empowerment, equity, participation and collaboration and a breadth of activities and settings¹.

Also, the delivery of wellbeing initiatives is a complex activity where there could be disagreement about values and priorities. Our evaluation is therefore as much about the ongoing identification of values or criteria that we will use to determine our success, as it is about measuring impact.

Who's involved in this Evaluation Framework?

Reviewers

There are a number of people who will be interested in the evaluation of the Naracoorte Lucindale Wellbeing Program.

These include, but aren't limited to –

- Social Affairs Cabinet Committee (Chaired by Stephen Wade MLC, Minister for Health & Wellbeing; with membership including the Premier, Treasurer, Minister for Education, Minister for Human Services, Minister for Child Protection, Minister for Environment and Water, Cabinet Secretary)
- Naracoorte Lucindale Wellbeing Program Partnership Group
- State Government partner agencies (including Department for Human Services; Office for Recreation, Sport and Racing; Department for Environment and Water; Department for Education; Department for Children Protection; Department for Transport & Infrastructure; Department of the Premier & Cabinet)
- Naracoorte Lucindale Council Mayor & Elected Members
- Naracoorte Lucindale Council Chief Executive Officer and leadership team
- Other key delivery partners
- Other key promotion partners

Contributors/Community

Health promotion is not a technical strategy, but a complex means of intervening in people's lives at different levels. The ultimate question of whether or not such activity is justified does not belong to practitioners alone, or managers, or funders, but must involve the whole community. Evaluation is one way of opening up the debate and of ensuring that everyone's voice is heard¹.

As discussed above, the bias towards quantitative research in evaluating wellbeing initiatives has been identified as an issue and clinical trial or control group scenarios are not appropriate. For the evaluation of the Naracoorte Lucindale Wellbeing Program we will use a Participatory Evaluation method.

Participatory evaluation is an approach that involves the stakeholders of a program or policy in the evaluation process. This involvement can occur at any stage of the evaluation process, from the evaluation design to the data collection and analysis and the reporting of the study².

Our Participatory Evaluation will include as active contributors –

- Participants of initiatives delivered by the Naracoorte Lucindale Wellbeing Program
- Team members (staff and delivery partners) involved in the delivery of each initiative

What will we be evaluating?

Our general purpose, audience and focus areas

The Wellbeing Program will involve the implementation of a range of programs and initiatives to address aspects of physical, social, mental and community wellbeing.

Its purpose is to support physical, social and mental health and community wellbeing through the implementation of a range of wellbeing initiatives.

The primary audiences for initiatives will include –

- Children, young people and families
- CALD/migrant population
- Older residents (over 65)

The two main focus areas will be –

1. Increasing opportunities for unstructured physical activity.
2. Improving social connection, community participation and inclusion.

Evaluation criteria

It is common to think about wellbeing initiatives being evaluated according to their –

- **Process** – including but not limited to how relevant initiatives were, how they are delivered sensitively, perceptions and reactions to the interventions including factors that encourage or hinder participation
- **Impacts** – the immediate or medium-term effects, such as increased knowledge or shifts in attitude
- **Outcomes** – the longer-term effects, such as changes in lifestyle

Our evaluation process will include **process evaluation** through participant narrative and team member observational data. It will also focus on **immediate/short-term impact evaluation** through building in opportunity for reflection into the individual initiatives and follow up participatory evaluation.

Outcome evaluation is more complex and given the timeframe for the reporting of the initiative, this won't be a key focus of this evaluation process. It could however be considered for future roll outs of Wellbeing Programs, using benchmark data with identified groups within the community and then revisiting them a year later to assess outcomes of the interventions. It would be recommended that a matched group of community members be recruited as a control group, with no interventions available to them.

Knowing that we will be focussing on process and impact evaluation, Naidoo and Wills¹ suggest that there are different criteria which can be used to judge the worth of a wellbeing intervention, as outlined on the following table.

Evaluation Criteria	Description	Type of evaluation	What will we be asking ourselves?	Rationale
Effectiveness	The extent to which our aims are met	Process	Which focus area did this initiative aim to address?	We are asking this so that we know which of the Wellbeing Program's focus areas this initiative is aiming to address.
			Who were our delivery partners?	We are asking this to acknowledge who we worked together with to make this initiative be the best it could be.
			Were there any additional aims?	We are asking this to determine whether this initiative aims to, or is likely to, deliver any other benefits, over and above the core focus areas.
			How effectively the aims were met?	We will be asking the team to score how effectively the aims of the initiative were met, providing us with a quantifiable measure of their perceived success. Rankings – Score 1: There was no activity Score 2: There was activity, but it did not meet the identified aims Score 3: There was activity, and some aims were met Score 4: There was activity, and all aims were met Score 5: There was activity, all aims were met and there were unanticipated positive outcomes

Appropriateness	The relevance of the intervention to needs	Impact	How did being involved in the initiative contribute to participants immediate wellbeing?	We are asking this to determine whether the initiative had an immediate impact on the participants mental or physical wellbeing. We will ask for a score out of 5 (via various methods) to provide a quantifiable measure of impact, as well as qualitative contributions.
			How did being a part of the initiative inspire participants to do something different for their wellbeing?	We are asking this to determine whether the initiative made any short-term impacts on factors affecting participant wellbeing. We will ask for a score out of 5 (via various methods) to provide a quantifiable measure of impact, as well as qualitative contributions.
Acceptability	Whether it's carried out in a sensitive way	Process	What worked well about this initiative?	As part of our continuous improvement, we are asking this to identify the factors that helped to make the delivery of this initiative a success, particularly in relation to engaging the targeted key populations.
			What could we improve on next time?	As part of our continuous improvement, we are asking this question to identify the factors that may have hindered the successful delivery of this initiative, particularly in relation to engaging the targeted key populations.
Efficiency	Whether the outputs (time, money and resources) are well	Process	How much time was spent on organising and delivering this initiative?	We are asking this question to help us consider whether the time spent on organising and delivering the initiative was well spent when measured against the benefits.

spent, given the benefits	Rankings – Score 1: Less than 10 hours Score 2: 10-16 hours Score 3: 16-37 hours Score 4: 37-50 hours Score 5: 50+ hours
How much money was spent on organising and delivering this initiative?	We are asking this question to help us consider whether the money spent on organising and delivering the initiative was well spent when measured against the benefits. Rankings – Score 1: Less than \$500 Score 2: \$500-\$1000 Score 3: \$1,000-\$2,500 Score 4: \$2,500-5,000 Score 5: \$5,000+
How resource intensive was organising and delivering this initiative?	We are asking this question to help us consider whether the resources spent on organising and delivering the initiative was well spent when measured against the benefits. 'Resources' is defined as anything beyond the money spent and staff time, so might include the amount of effort required to physically set up an initiative, or the amount of paperwork required to deliver an initiative. Rankings - Score 1: Very easy to set up, not intensive

				Score 2: Somewhat easy to set up Score 3: Moderately intensive Score 4: Intensive, some setting up Score 5: Very intensive, lots to set up
			Were the time, money and resources well spent, given the benefits?	We will use the scores provided via the effectiveness, equity, and appropriateness criteria questions to plot against the scores given against outputs. This will help us to quantify whether the time, money and resources were well spent, given the benefits.
Equity	Equal provision for equal need – targeting key populations with greatest need	Process	What was the total number of participants?	We are asking this to determine the total number of people engaged in the initiative.
		Process	Who did we aim to engage in this initiative?	We are asking this to determine who the key target population was for the initiative.
		Impact	What was the percentage of participants who have not participated in a similar initiative before?	We are asking this to determine what proportion of people accessing services via the Wellbeing Program had not accessed a similar type of service via the Wellbeing Program before – in other words, did the initiative reach those with the greatest need in the community?
		Process/ Impact	How did the initiative engage with the targeted key populations?	We will be asking the team to score how they felt the initiative engaged with targeted key populations, providing us with a quantifiable measure of their perceived success.
				Ranking –

Score 1: No participants were from the targeted key population groups
Score 2: Not many participants were from the targeted key population groups
Score 3: About half of the participants were from the targeted key population groups, about half were not
Score 4: The majority of participants were from the targeted key population groups
Score 5: All participants were from the targeted key population groups

It should be noted that because process and impact evaluation don't tend to use 'hard' scientific methods, its findings tend to be more easily dismissed as unrepresentative. However, this kind of evaluation is crucial to wellbeing initiatives because need to understand how our interventions are interpreted and responded to.

Because we also need to continually acknowledge that one intervention won't necessarily change someone's behaviour, our evaluation approach will be based on building a portfolio of evaluation activity based on individual interventions, using an inclusive participatory approach.

Our key evaluation focus will be –

- **EFFECTIVENESS, ACCEPTIBILITY & EQUITY: On the ground processes** – have we delivered what we said we'd deliver, effectively, appropriately and for those with the greatest need
- **APPROPRIATENESS: Measuring wellbeing** – signs that we are moving in the right direction towards our overall purpose of supporting physical, social and mental health and community wellbeing – we chose appropriate ways to make an impact
- **EFFICIENCY: Output versus Results Matrix** – how cost effective is what we have delivered, when measured against the immediate and short-term impacts made.

What we won't be evaluating through this framework

Through this framework, we won't be evaluating -

- The effectiveness of the partnerships between state and local governments – this is being undertaken separately.
- The effectiveness of promotion undertaken of the various initiatives to the local community, including brand awareness or effectiveness.

How will we evaluate?

“Stats & Stories” reports will be a key feature of the evaluation process for the Naracoorte Lucindale Wellbeing Program.

They will be -

- 2-page report cards for individual initiatives or events – whether one off or ongoing.
- Prepared by Becky Hirst with input from other team members, delivery partners and participants.
- Include both process and impact evaluation.
- Include both quantitative measures (numbers of attendees by demographic through to ranking of impact on wellbeing) and qualitative observational data, which is often missed in evaluation processes.
- Create an impressive portfolio of evaluation that will be of interest to all stakeholders with an interest in the Wellbeing Program.
- Used as a basis for reflective evaluation of the program by both Elected Members and the Partnership Group, which in turn will be an additional layer of Participatory Evaluation. The reflective content of the discussions facilitated with the delivery team and the Partnership Group will form the basis for both the interim and the final evaluation reports.

Whilst the ‘Stats and Stories’ reports will be an output of our evaluation processes, they intend to provide clear focus and direction to our evaluation activities. We are starting with the end in mind.

They also intend to provide an ‘at a glance’ portfolio of evidence that the Wellbeing Program has clear process and impact evaluation strategies in place. By June 2021, we will have a folder full of Stats & Stories reports that can be presented as a neat Appendices to an overarching evaluation report.

A further step of innovation in the development of the Stats & Stories reporting process, we will build into this a tool for measuring our outputs versus the results. This tool will enable us to plot on a graph the outputs required to deliver a particular initiative (money, time, staffing) with its effectiveness, equity and appropriateness in delivering the desired wellbeing objectives.

The biggest challenge will be finding the right questions to ask that will succinctly capture the insights we are looking for. It is anticipated that one or two impact evaluation questions will be developed for each initiative to enable the participants to score from 1-10 how much impact the initiative had on their mental or physical wellbeing. These will be based on the goals or aims of each specific initiative.

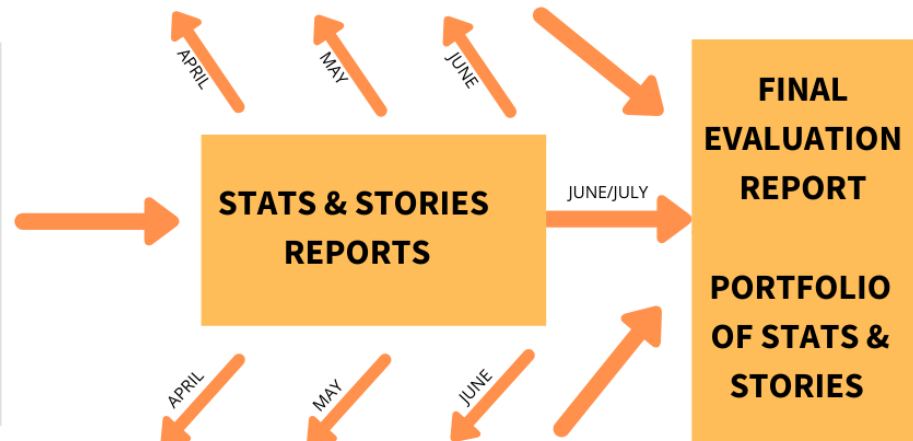
Our Participatory Evaluation Approach Plan-On-A-Page

NARACOORTE LUCINDALE WELLBEING PROGRAM

PARTICIPATORY EVALUATION PROCESS

PARTNERSHIP GROUP - ONGOING MONTHLY GROUP REFLECTION & ANALYSIS

INITIATIVES	
THE GOOD LIFE PROGRAM	SPORTS EQUIPMENT LIBRARY
WALKING GROUPS	10,000 STEPS CHALLENGE
SPORTS CENTRE SCHOOL HOLIDAY PROGRAM	
SIGNAGE & PROMOTION OF PHYSICAL ACTIVITY OPPORTUNITIES	
PLAYGROUND MARKING FITNESS TRAIL	YOGA IN THE PARK
AUGMENTED REALITY MURAL ART PROJECT	CARPE DIEM THEATRE PERFORMANCE
BLUE TREE PROJECT	OUTDOOR CINEMA AT SWIMMING LAKE
MEN'S HEALTH NIGHT (MEN'S HEALTH WEEK)	COMMUNITY DRAMA PROGRAM
NON-SPORTS BASED COME AND TRY ACTIVITIES	



ELECTED MEMBERS - MONTHLY REPORTING & OPPORTUNITY TO COMMENT

Example Template for Reporting Process & Impact

NARACORTE LUCINDALE WELLBEING PROGRAM PROCESS & IMPACT EVALUATION

Stats & Stories

- NAME OF INITIATIVE -

EFFECTIVENESS

Which focus area did this initiative aim to address?

- ☐ INCREASING OPPORTUNITIES FOR UNSTRUCTURED PHYSICAL ACTIVITY
- ☐ IMPROVING SOCIAL CONNECTION, COMMUNITY PARTICIPATION AND INCLUSION

DELIVERY PARTNERS -

ANY ADDITIONAL AIMS OF THIS INITIATIVE?

TEAM SCORE OUT OF FIVE ON HOW EFFECTIVELY AIMS WERE MET

A

EQUITY

Who is accessing services at the hub?

TOTAL NUMBER OF PARTICIPANTS

PERCENTAGE OF PARTICIPANTS WHO HAVE NOT PARTICIPATED IN SIMILAR INITIATIVE BEFORE

Which primary audiences did this initiative intend to reach?

CHILDREN, YOUNG PEOPLE & FAMILIES

☐

CALD/MIGRANT POPULATION

☐

OLDER PEOPLE (AGE 60+)

☐

TEAM SCORE OUT OF FIVE FOR HOW INITIATIVE ENGAGED WITH TARGETED KEY POPULATIONS

B

STAFF OBSERVATIONS/WHY WAS THIS SCORE GIVEN?

EFFICIENCY

The outputs - time, money and resources spent on initiative

How much time was spent on organising this initiative?



C

How much money was spent on delivering this initiative?



D

How resource intensive was delivering this initiative?

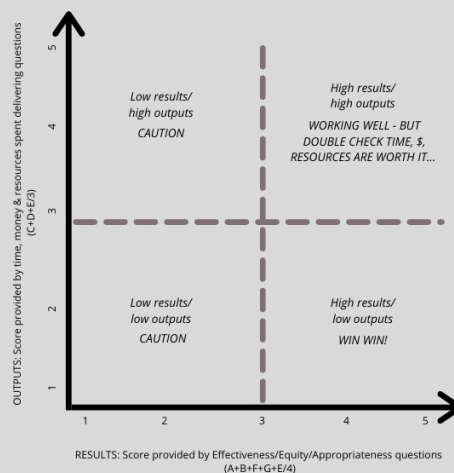


E

COMMENTS

OUTPUTS VS RESULTS MATRIX

Were the time, money and resources well spent, given the benefits?



ACCEPTABILITY

Was the initiative carried out in a sensitive way?

WHAT WORKED WELL ABOUT THIS INITIATIVE?

PARTICIPANT FEEDBACK

TEAM OBSERVATIONS

WHAT COULD WE IMPROVE ON NEXT TIME?

PARTICIPANT FEEDBACK

TEAM OBSERVATIONS

APPROPRIATENESS

How did being involved in this initiative contribute to the participants mental and/or physical wellbeing?

IMPACT OF INITIATIVE **DIRECTLY AFTER/AT** EVENT

How much did attending X today contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)

AVERAGE SCORE

people participated in evaluation

F

Participant comments on how the initiative contributed to their wellbeing **DIRECTLY AFTER/AT** EVENT -

IMPACT OF INITIATIVE **ONE WEEK AFTER** EVENT/COMPLETION

How strongly do you agree or disagree that attending/being a part of X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 –Strongly agree)

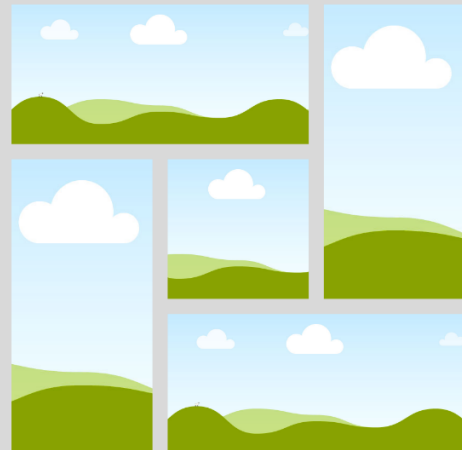
AVERAGE SCORE

people participated in evaluation

G

Participant comments on how the initiative inspired them do something different in the **WEEK FOLLOWING** the initiative/end of initiative -

GENERAL TEAM/EXPERT OBSERVATIONS



Tools & Techniques

By standardising the way in which we will be reporting on the process and impacts of each of our initiatives, we can streamline the basic monitoring and evaluation activities required throughout the project.

The below table outlines the sections of the Stats & Stories report cards, including the monitoring or evaluation activity required for each.

Our standardised process

Evaluation Criteria	Description	How we will capture/record/measure
EFFECTIVENESS	Which focus area did this initiative aim to address?	<i>Agreement amongst team prior to initiative delivery</i>
	Delivery partners	<i>Agreement amongst team prior to initiative delivery</i>
	Additional aims of this initiative?	<i>Agreement amongst team prior to initiative delivery</i>
	Team score out of five on how effectively objectives were met	<i>Agreement amongst team after initiative delivery, using ranking criteria</i>
EQUITY	Total number of participants	<i>Number of registrations received via bookings process or headcount of number of people who attended</i>
	Percentage of participants who have not participated in a similar initiative before	<i>Participants asked during registration whether they have participated in something similar before (specific to initiative – i.e. Have you attended a cooking class before?)</i>
	Who did we aim to engage in this initiative?	<i>Agreement amongst team prior to initiative delivery</i>
	Team score out of five for how initiative engaged with targeted key populations	<i>Agreement amongst team after initiative delivery, using ranking criteria</i>

EFFICIENCY	How much time was spent on organising this initiative?	<i>Agreement amongst team after initiative delivery, using ranking criteria</i>
	How much money was spent on delivering this initiative?	<i>Agreement amongst team after initiative delivery, using ranking criteria</i>
	How resource intensive was delivering this initiative?	<i>Agreement amongst team after initiative delivery (though need to keep track of general resource commitments (staffing, set up, promotions), using ranking criteria</i>
ACCEPTABILITY	Participant feedback: What worked well about this initiative? What could we improve on next time?	<i>Interactive tools & techniques required to collect this input from participants at the end of the event/meeting/program.</i> Note: for ongoing initiatives, these questions can be asked at any point along the delivery process.
	Team observations: What worked well about this initiative? What could we improve on next time?	<i>Agreement amongst team after initiative delivery</i> Note: for ongoing initiatives, these questions can be asked at any point along the delivery process.
APPROPRIATENESS	How much did attending X contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)	<i>Interactive tools & techniques required to collect this input (number AND comments) from participants at the end of the event/meeting/ program.</i> Note: for ongoing initiatives, this question can be asked at any point along the delivery process when a participant is in attendance.
	How strongly do you agree or disagree that attending X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat	<i>Email with link to Your Say Naracoorte Lucindale survey to participants ONE WEEK AFTER the event/meeting/program.</i> <i>This question will be followed by a second question - 'Can you please tell</i>

	<i>disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 – Strongly agree)</i>	<i>us what you did differently during the last week because of attending X?’</i>
		Note: for ongoing initiatives, this question will be asked towards the end of the delivery period, but asked out of session, during participants own time to help them reflect on how their involvement in the particular initiative has made changes to their wellbeing.
ALL CRITERIA	General staff observations	<i>Agreement amongst team after initiative delivery</i>

Creative tools & techniques

From the Framework outlined above, there will be 6 key questions required to collect as part of each initiative –

At event

1. What worked well about this initiative?
2. What could we improve on next time?
3. How much did attending X contribute to your wellbeing? (1-5 ranking)
4. Tell us how attending impacted your wellbeing.

One week later

5. On a scale of 1-5 how did attending X inspire you to do something different for your wellbeing during the last week?
6. Tell us how the initiative inspired you to do something different.

Creativity and innovation will form the basis for the tools and techniques chosen to evaluate the initiatives. We want the process to be engaging for both the team and participants. Example tools are shown in action in the image below.

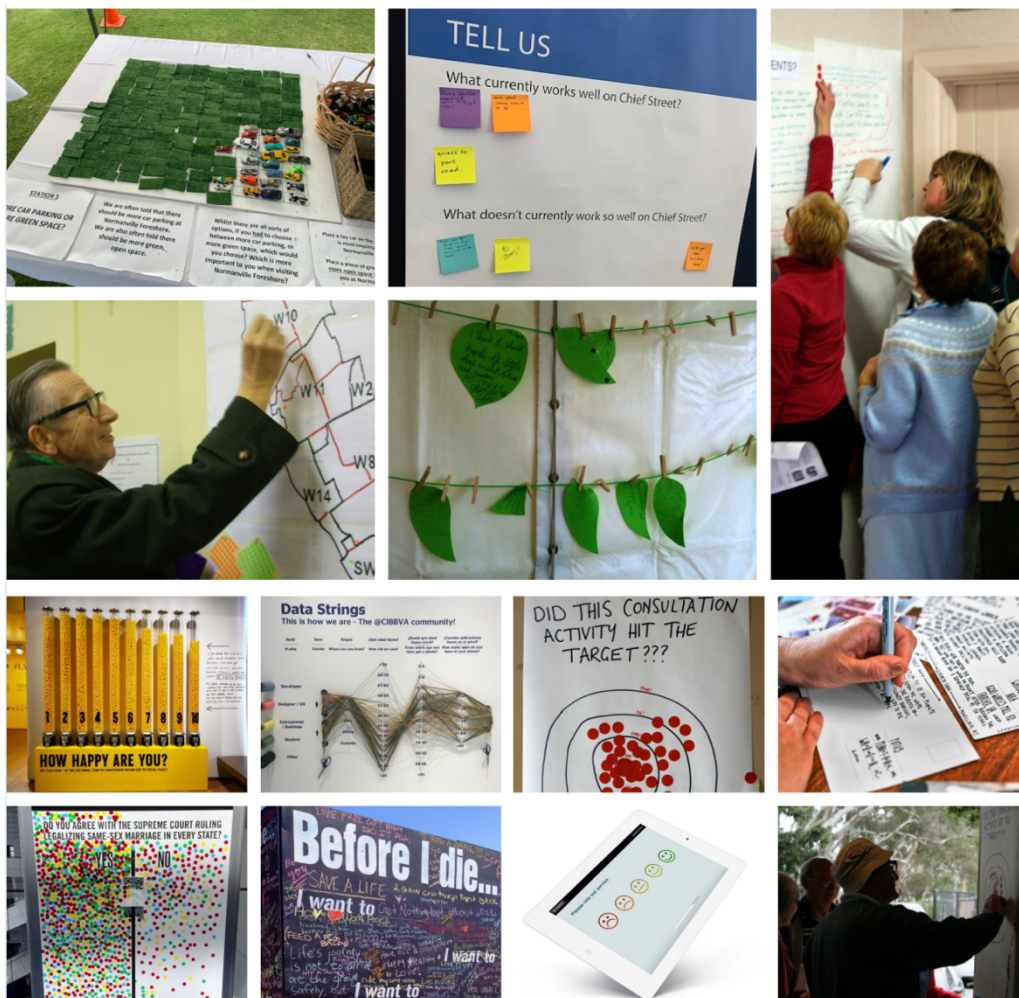
The following tools and techniques will be considered for use at varying events or programs. They require varying levels of literacy, including digital literacy, so will be planned appropriately for each individual initiative as part of the work plan below.

- iPad voting and survey on departure – rate this initiative type activity using technology
- Human poll at end of structured event – ask people to stand on a line to share how much impact they feel X has had on their wellbeing – and then explain why
- ‘Did we hit the target poster?’ – place your dot on the circle 1-10 and use sticky notes to write what they enjoyed/what could improve
- Emoji votes – choose an emoji that expresses how this session has made you feel

- The Postcard Method – a Wellbeing Program postcard that includes space for the participant to rank how much the event contributed to their health and wellbeing, plus space to write the 3 things that most resonated with them. The content of the postcards is used for evaluation purposes, but then also mailed to participants at a later date to remind them of their learnings.
- One-to-one speed-interviews with participants at end of/during events
- Video vox-pop style interviews with participants at end of/during events
- Scan a QR code with your phone camera – use Survey Monkey or Mentimeter to ask the 4 questions - or 10 QR codes to scan (1-10)
- Sensory surveys – pipes with balls, pots with coloured pens
- Comment bins for name badges (if worn) – ten bins – put your name badge in the bin (1-10) to tell us what you thought

The team will be encouraged to photograph any evaluation processes to capture the results, and to set up a system of saving the photos as evidence of the evaluation process.

Most importantly to note, whatever the tool or techniques used, similar contributions are sought from each initiative to feed into the standardised Stats & Stories report cards.



Use of Plain English

It is imperative that the questions asked to participants as part of our evaluation process are done so using plain English. This is both best practice and will ensure that the evaluation process itself is equitable.

The specific wording of the key questions will be tailored to suit each particular initiative, but example wording can be found in the table below.

Standard evaluation question	Plain English examples
What worked well about this initiative?	• What made this event/workshop really good? • What was good about today? • What did you enjoy about today? • What made it easy for you to come along today?
What could we improve on next time?	• What could we have done better? • What would have made coming along to this even easier for you? • If you were in charge, what would you change about the way we ran today's workshop? • What's one thing we should do differently next time?
At event: How much did attending X contribute to your wellbeing? <i>(1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much)</i>	• How much did attending X contribute to your wellbeing? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much) • How much did attending X help you feel healthy or happy? (1 – Not at all, 2 – Not really, 3 – Undecided, 4 – Somewhat, 5 – Very much) • Joining in this activity improved my wellbeing today (1 – strongly disagree, 2 – disagree, 3 – unsure, 4 – agree, 5 – strongly agree)
At event: Tell us how attending impacted your wellbeing.	• Tell us how coming today along might have done this. • How did coming today help you to feel healthier or happier? • Which bit of today's workshop helped you feel happier or healthier?
Week later: How strongly do you agree or disagree that attending X inspired you to do something different, for your wellbeing, during the last week? <i>(1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 – Strongly agree)</i>	• How strongly do you agree or disagree that attending X inspired you to do something different, for your wellbeing, during the last week? (1 - Strongly disagree, 2 – Somewhat disagree, 3 – Neither agree/disagree, 4 – Somewhat agree, 5 – Strongly agree) • On a scale of 1-5 (with 1 not much and 5 being a lot) how did coming to X inspire you to do try a new

	recipe? Go for a walk on your own? Meet up with new friends? • Give a mark out of 5 for how much coming to X inspired you to do something new during the week?
Week later: What did you do differently during the last week because of attending X?	• Thanks for replying! Can you please tell us what you did differently during the last week because of attending X?

Endnotes

¹ Naidoo, J. & Wills, J. 2000. *Health Promotion: Foundations for Practice*. Baillière Tindall – Harcourt Publishers Limited. Page 369.

² Sette, C. *Participatory Evaluation*. Webpage. Better Evaluation. Accessed 3 February 2021.
<https://www.betterevaluation.org/en/plan/approach/participatory_evaluation>