

Programme: Creative & Active Communities

Key Partners: Ignite CIC

1. Programme Overview

Aim of the programme. What is the overall change that you want to create? (e.g. 'to increase the weekly level of physical activity of women aged 60+ identified as pre-diabetic')

To increase activity levels of those living in rural areas

Programme Outline. What activities will take place to create the desired change(s)?

Doorstep sport, physical activity and creative opportunities

2. Evidence of Need

What is the evidence of need for this programme?

24.8% of H&W population is inactive – this is greater in rural areas
 High levels of social isolation and loneliness – identified via Age UK 'hot spots'
 Over 50% of over 65's live in rural areas – higher in Herefordshire
 Evidence from pilot projects already delivered in Herefordshire

3. Working Assumptions

Why do you think this approach will be successful, and what other assumptions are you making?

Community led
 Subsidised for a period of time to encourage behaviour change
 Based on local need
 Pool of local practitioners/coaches/providers to deliver

4. Strategic Priorities (from fig 2)

Local Priorities

LP1 Reducing social isolation
 LP2 Promoting independence
 LP3

Partner/Funder Priorities

PF1 project is people led
 PF2 building on strengths that already exist
 PF3 tailor activities for rural communities

Strategic Objectives

SO1 Empowering individuals/communities
 SO2 increasing visibility & accessibility of opportunities

Sport England Priorities

SE1 Community Development
 SE2 Physical wellbeing
 SE3

5. Inputs

(What resources will be used to deliver this programme, e.g. staff, physical resources, technology, stakeholder contributions)
 Budget - £2,100 per community, Staff time (FT coordinator Worcs/PT coordinator Hfds), Deliverers/practitioners, Training, Volunteer time, promotional materials

6. Delivery and Data Collection Plan (What will be achieved, and how will this be evidenced?)

	Priorities	Level	Measure	Evidence Type	Data Collection Method	Timepoints	How and Who?
Outputs (what will be delivered?)	(refs above)	(see reverse)	What will be used to provide evidence of this outcome?	Qualitative or Quantitative?	(e.g. project records, questionnaire, interview)	(Baseline, interim, post-intervention, follow-up)	(e.g. embedded in routine processes or an extra task?)
Sessions delivered		1	No of sessions delivered	Quantitative	Project records	Post intervention	embedded
Practitioners engaged		1	No of practitioners	Quantitative	Project records	Before delivery	embedded
Communities involved		1	No of communities	Quantitative	Project records	When new community engaged	embedded
Volunteers trained		1	No of volunteers	Quantitative	Hours delivered, courses attended	When courses are delivered	embedded
Participants engaged		1	No of participants engaged	Quantitative	Project records	Weekly during delivery	embedded
Activities delivered		1	No of activities delivered	Quantitative	Project records	Post intervention	embedded
Short Term Outcomes (what will change immediately?)							
Increase in activity levels		1 / 2	Participant feedback, SE question bank	Qualitative	questionnaire	Baseline, post intervention	embedded
Increase in sense of wellbeing		1 / 2	WHO5, Wemwebs	Quantitative	questionnaire	Baseline, post intervention	embedded
Greater feelings in connections to local people/services		1 / 2	General self-efficacy scale	Quantitative	questionnaire	Baseline, post intervention	embedded
Increase feeling of engagement							
Longer Term Impact (what will be the sustained changes?)							



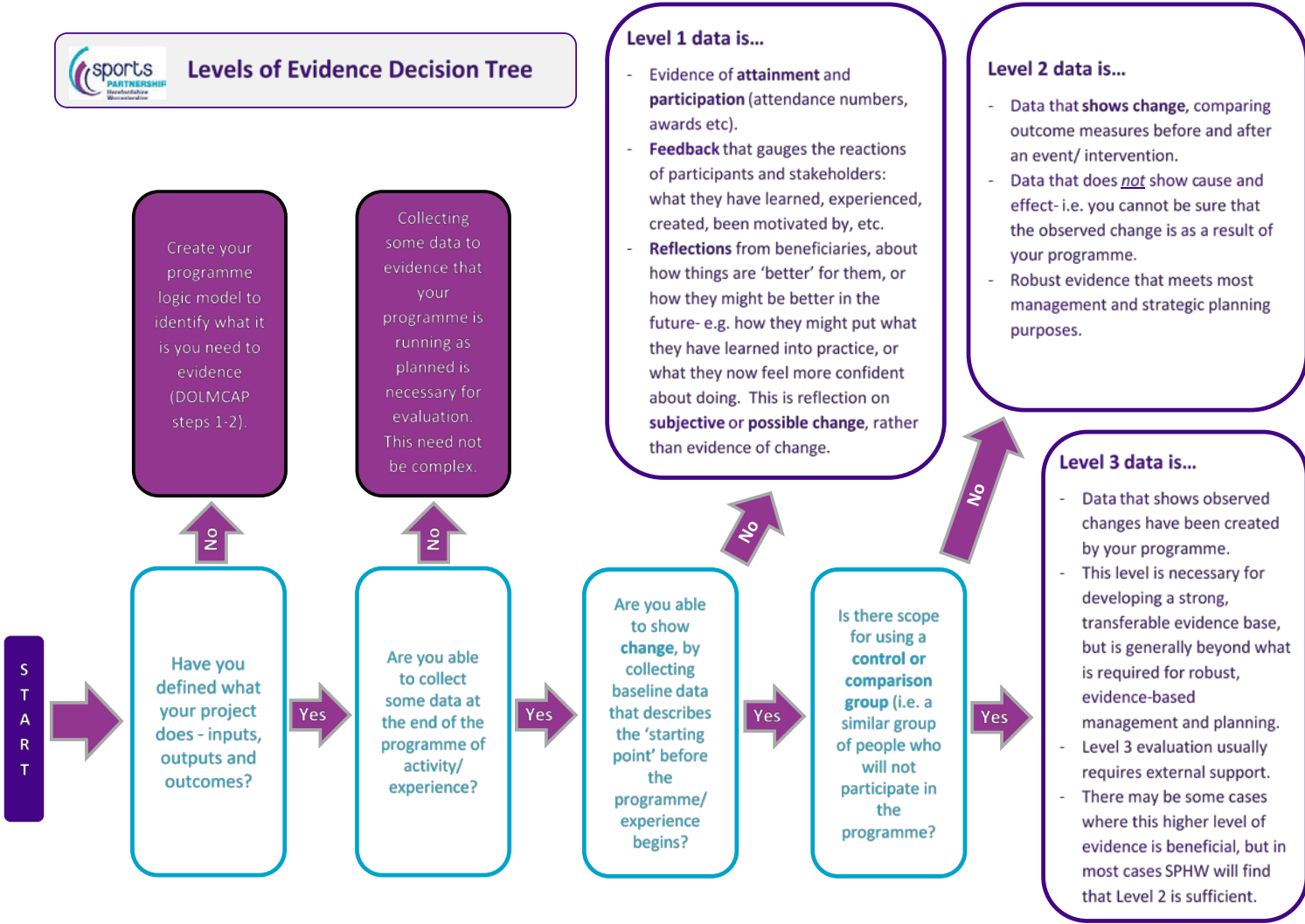


7. Reporting

Sustained activity within local communities		3	No of sessions/activities sustained	Qualitative / quantitative	records	Follow up	Extra task
Increased sense of wellbeing in participants		3	WHO5 / Wemwebs	Qualitative	Questionnaires	Follow up	Extra task
Volunteers leading/coordinating delivery in communities		1	No of volunteers delivering	Quantitative	records	Follow up	Extra task

Who will receive the evaluation evidence?	funder	Internal review	Local communities
In what form?			
How will the learning be used and/or disseminated?	Local impact Sustainability What works/doesn't work Evidence for future funding/development within local communities		

sports PARTNERSHIP Levels of Evidence Decision Tree



sports PARTNERSHIP Selection of Data Collection Time Points

Baseline	Interim	Post-Intervention	Follow-up
Process Evaluation: Desirable	Process Evaluation: Desirable	Process Evaluation: Essential	Process Evaluation: Not Required
Level 1 Outcomes: Not Required	Level 1 Outcomes: Not Required	Level 1 Outcomes: Essential	Level 1 Outcomes: Not Required
Level 2 Outcomes: Essential	Level 2 Outcomes: Desirable	Level 2 Outcomes: Essential	Level 2 Outcomes: Desirable