



STEPPING INTO NATURE PROJECT 2017-2020

Dorset

Area of Outstanding Natural Beauty

EVALUATION GUIDE



VISUALINSIGHTS

Samantha Abbato

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Visual Insights People

Visual Insights People is an innovative consultancy supporting a pictures and stories approach to evaluation capacity building and evaluation use. We are a multi-disciplinary team of consultants bringing together a depth of expertise in: evaluation, qualitative and quantitative research methods, digital story-telling, systems thinking, organisational psychology, communications and adult education. We specialise in providing monitoring and evaluation services and building outcome evidence in the health and community sectors.

Samantha Abbato PhD MPH is the director of Visual Insights People. She has worked as an evaluator for more than twelve years. Sam has more than twenty-five years of health and community sector experience and strong methodological expertise across a range of qualitative and quantitative disciplines, including epidemiology, medical anthropology, biostatistics and mathematics.

About this Evaluation Guide

Funded by The Big Lottery, SiN is a 3 year project led by Dorset Area of Outstanding Natural Beauty (AONB), with support from partners across the health and environmental sectors, to provide activities and sensory-rich places for older people, including those with dementia and their carers. As well as supporting organisations to deliver nature-based activities, the project also provides funding for communities and organisation to create more inclusive green spaces, and provides dementia friendly training to staff and volunteers.

Dementia-friendly, nature-based activities are being delivered over a three year period from April 2017 to March 2020.

Through increasing engagement with natural environments SiN aims to:

- Improve physical and emotional wellbeing;
- Reduce social isolation and feelings of loneliness;
- Increase motivation and independence;
- Increase confidence and life skills.

Stepping into Nature is being evaluated internally through a partnership between DAONB and Public Health Dorset and through the guidance of Visual Insights People.

This evaluation guide is composed of:

1. Evaluation overview and framework;
2. Overview of methodology and methods;
3. Description of evaluation tools;
4. Information for data entry;
5. Instructions for administration of instruments;
6. Copies of all SiN evaluation tools.



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ABBREVIATIONS

DAONB	Dorset Area of Outstanding Natural Beauty
PL	Program logic
QoL	Quality of life
SiN	Stepping into Nature
TOC	Theory of change
VIP	Visual Insights People



SECTION 1

Evaluation overview
and framework



EVALUATION OVERVIEW AND FRAMEWORK

A utilisation-focused approach is being used for the evaluation of the Stepping into Nature (SiN) project (Patton 2012). Each aspect of the evaluation has a focus on maximising intended use of the evaluation and results by intended users.

The purpose of the project evaluation is to answer 3 key questions:

1. Are we doing what we said we would?
2. Are we making a difference?
3. How can we do it better?

1. Are we doing what we said we would?

The evaluation will monitor progress of activity implementation, project participation and the reach of the project to the target group of older people of Dorset County (including those with dementia and their carers).

2. Are we making a difference?

The effectiveness of the project will be evaluated. This will include investigation of:

- a. The satisfaction of participants, activity providers, referrers and other service providers with the project and activities.
- b. Project benefits such as increased outdoor activity, social connections and nature connections, decreased loneliness and improved quality of life. Unintended benefits resulting from the project will also be evaluated.

3. How can we do it better?

The project model and processes will be documented and reviewed. Core ingredients of good practice will be elicited to inform future nature-based wellbeing initiatives in Dorset and elsewhere.

The SiN evaluation framework

A series of Visual Insights workshops with SiN project staff, Dorset County Council and Public Health Dorset was conducted in December 2017. The results of these workshops shaped the final evaluation framework for use through the evaluation 2017-2020 and for application to green space based health initiatives beyond the SiN project.

A program logic (PL) and theory of change (TOC) model for the SiN evaluation were produced through these workshops and continued consultation through 2018. They are included in Figure 1 and Figure 2 of this section of the manual.

Overview of the evaluation methodology

A mixed-method approach (combined qualitative and quantitative methods) is being used for the evaluation. An overview of the methodology is described in Section 2 of this manual.

FIGURE 1: PROGRAM LOGIC FOR STEPPING INTO NATURE PROJECT 2017-2020



STEPPING INTO NATURE



PROGRAM LOGIC

Inputs	Activities	Outputs	Short term (ST) outcomes	Medium term (MT) outcomes	Long term (LT) outcomes
ORGANISATIONAL MANDATE TO PARTICIPATE	DELIVERY OF NATURE RELATED ACTIVITIES	NUMBER OF ACTIVITIES	INCREASED ACCESS TO ACTIVITIES	SUSTAINED ENGAGEMENT IN ACTIVITIES	SUSTAINABLE AND SCALABLE ACTIVITIES
	PROMOTION OF ACTIVITIES	NUMBER OF PEOPLE REFERRED TO ACTIVITIES	PEOPLE WITH DEMENTIA, CARERS AND OLDER PEOPLE ARE ENGAGED IN ACTIVITIES	MORE PEOPLE DOING OUTDOOR ACTIVITY INDEPENDENTLY	INCREASE IN DEMENTIA-FRIENDLY ACTIVITIES
FUNDING FOR • Activities • Evaluation	ENGAGEMENT WITH ACTIVITY PROVIDERS	NUMBER OF PEOPLE PARTICIPATING IN ACTIVITIES	INCREASED SOCIAL INTERACTION	INCREASED SOCIAL CONNECTION	IMPROVED QUALITY OF LIFE FOR PWD, CARERS AND OLDER PEOPLE
	EXISTING NATURE ACTIVITIES AND EXISTING ACTIVITY PROVIDERS	ENGAGING WITH REFERRERS	NUMBER OF PROVIDERS ENGAGED	PARTICIPANTS ENJOY TAKING PART	REDUCED ISOLATION AND LONELINESS
PARTICIPANTS • Older people, carers, PWD • Volunteers/Providers	ENGAGING WITH CARERS AND FAMILIES	NUMBER OF DEMENTIA FRIENDLY TRAINING EVENTS	INCREASED KNOWLEDGE AND SKILLS	INCREASED PHYSICAL ACTIVITY	INCREASED SOCIAL SUPPORT
	STAFF TIME/RESOURCES FOR DELIVERY OF ACTIVITIES/TRAINING	CAPACITY BUILDING OF ACTIVITY PROVIDERS • Training	NUMBER OF PEOPLE PARTICIPATING IN TRAINING EVENTS	INCREASED CONFIDENCE AND MOTIVATION	IMPROVED CONNECTION WITH NATURE
GREEN SPACES		DEMENTIA FRIENDLY AWARENESS EVENTS/ SESSIONS	NUMBER OF DEMENTIA AWARENESS EVENTS	RESPIRE AND RELAXATION FOR CARER	IMPROVED RELATIONSHIP BETWEEN PWD AND CARER
	DECREASED STRESS			INCREASED COMMUNITY CONNECTION	REDUCTION OF STIGMA
	INCREASED DEMENTIA AWARENESS OF PROVIDERS	PEOPLE HAVE IMPROVED UNDERSTANDING AND ATTITUDE TOWARDS DEMENTIA	IMPROVED GREEN SPACES (E.G. PRESERVATION)		
	INCREASED DEMENTIA AWARENESS OF PUBLIC	PEOPLE OVERCOME BARRIERS TO PARTICIPATE			
		NUMBER OF PEOPLE PARTICIPATING IN AWARENESS EVENTS	MORE PEOPLE DOING OUTDOOR ACTIVITIES	INCREASED INDEPENDENT CONNECTION WITH GREEN SPACES BY PWD, CARERS AND OLDER PEOPLE	
				INCREASE IN DEMENTIA FRIENDLY GREEN SPACES	

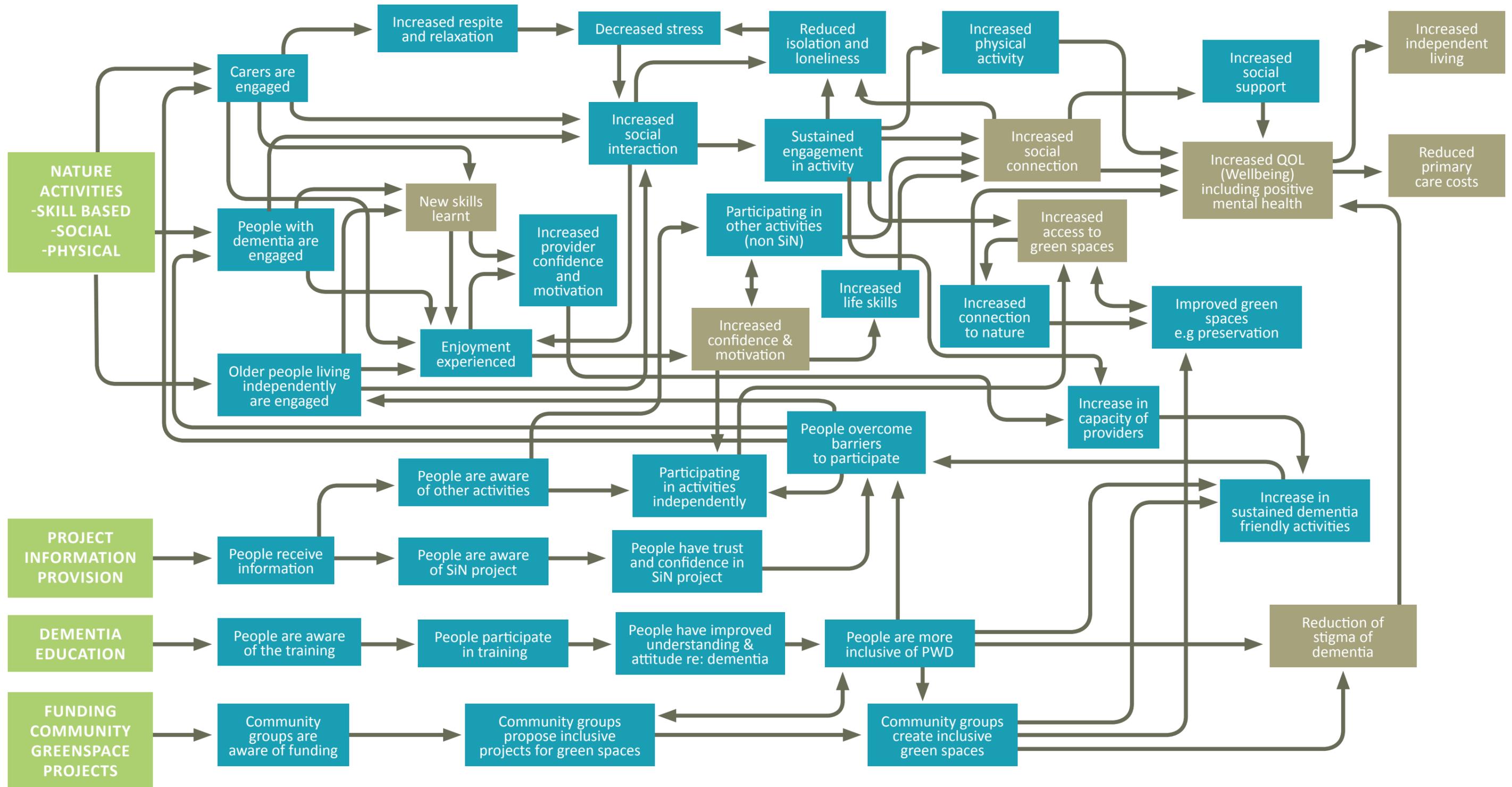
FIGURE 2: THEORY OF CHANGE MODEL FOR STEPPING INTO NATURE PROJECT 2017-2020



STEPPING INTO NATURE



THEORY OF CHANGE MODEL



NOTE: Non-program external factors that are beyond the direct control of program management and staff may have a significant impact on outcomes



SECTION 2

Summary of method and tools

SUMMARY OF METHOD AND EVALUATION TOOLS

The mixed-method approach to the evaluation of SiN includes:

- (a) Routine quantitative data collection on project participation, participant demographics and other project outputs;
- (b) Quantitative evaluation tools for measuring project effectiveness including: participant and provider satisfaction, participant benefits (such as increased wellbeing) and provider benefits (such as increased capacity to provide client activities);
- (c) Qualitative evaluation method of interview for eliciting benefits of activities in the contexts of the lives of participants and investigating processes and good practice with providers.

The evaluation tools include forms, surveys, data entry tools (e.g. spreadsheets) and interview schedules. The main forms and data entry tools for evaluation of the SiN project, including those from the perspective of activity participants are shown in Figure 3.

Activity providers are continually invited to provide their perspective to the evaluation through: (1) A short online Survey (SurveyMonkey) that is completed immediately after the activity is provided (SiN-P-01), (2) A survey completed either online (SurveyMonkey) or administered by project staff every 6 months (SiN-P-02). This second survey will be administered to both activity providers and other involved service providers, including those referring clients to the SiN activities.

Training was provided in survey administration, data entry and management and qualitative interviewing by Visual Insights People (VIP) in December 2017. Support was provided to staff administering surveys, conducting interviews and entering and managing data by VIP through 2018.

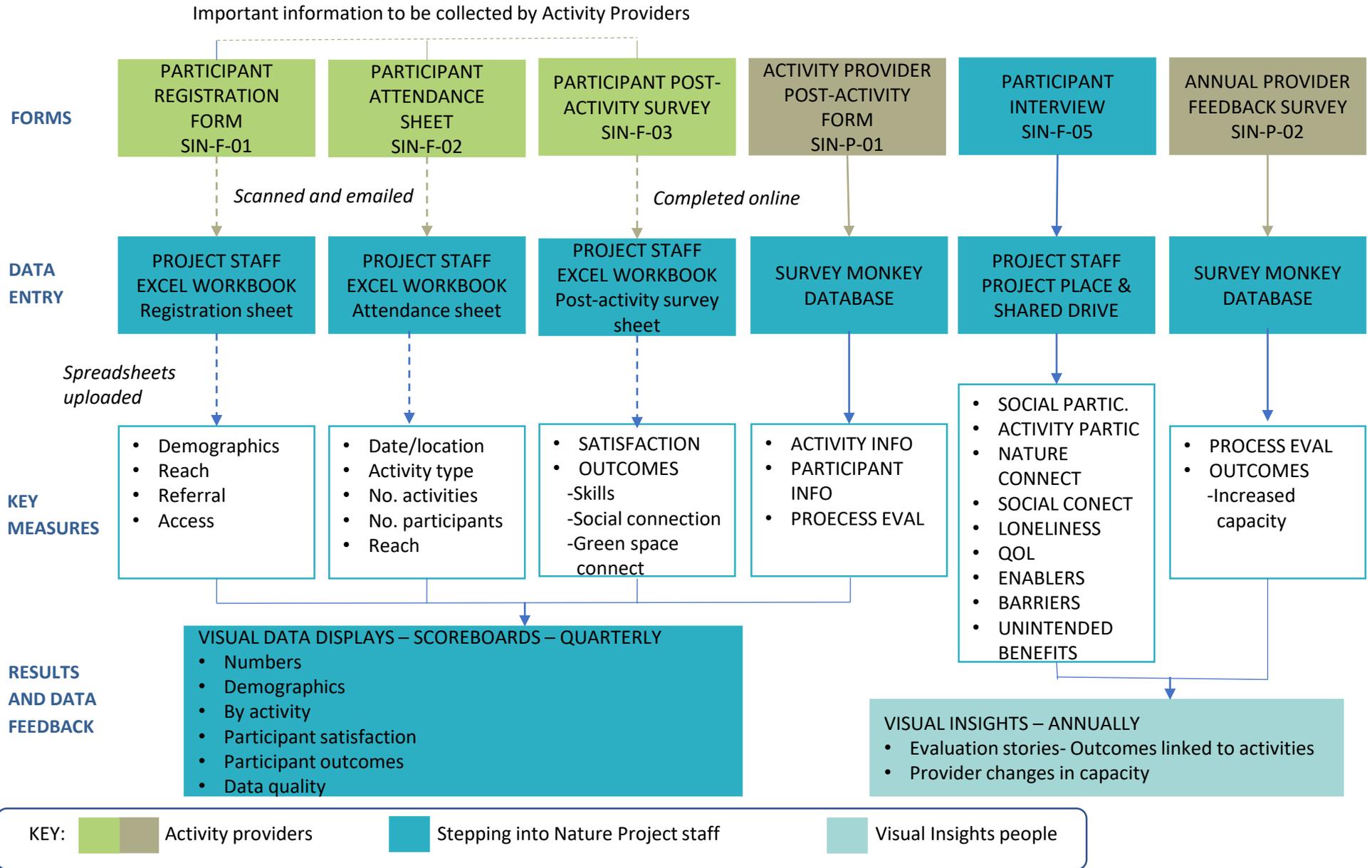
Forms – Activity Participants and Activity Provider

The main forms for the evaluation of SiN from the perspective of activity participants are shown in the first row of Figure 1. There are three main forms requiring **administration by activity providers**. They include:

- (1) Activity registration form (SiN-F-01)**
- (2) Participant attendance sheet (SiN-F-02)**
- (3) Post activity survey (SiN-F-03)**

The fourth form, **(4) Activity provider post activity form (SiN-P-01)** is a 5-minute duration online form (SurveyMonkey) requiring completion by the activity providers immediately following each SiN activity provided

FIGURE 3: SUMMARY OF THE EVALUATION TOOLS AND PROCESS FOR STEPPING INTO NATURE (REVISED NOVEMBER 2018)



All forms are numbered and include date of latest update in bottom left-hand corner.

Evaluation instruments administered to activity participants **by SiN project staff** include:

(5) Activity Participant qualitative interview schedule (SIN-F-05)

The final evaluation tool **(6) Annual Provider Feedback Questionnaire (SIN-P-02)**, is a qualitative instrument administered either as an online survey (via SurveyMonkey) or by phone by SiN project staff to activity providers, referrers and other service providers involved in the SiN project. It is administered annually and takes approximately 10 to 15 minutes to complete either online or over the phone.

All forms have been designed to enable connection of participant information across them. Each form relies on the completion of the other forms, and particularly the inclusion of name and registration number for forms 01 to 03. For example, the activity participant interview (SIN-F-05) cannot be conducted by the SiN project staff if forms SIN-F-01 to SIN-F-03 have not been completed and linked by name/Registration number and submitted by the activity providers to the SiN project staff.

Table 1 provides a summary, including the purpose, evaluation measures, administration, data entry and data transfer requirements of each of the six forms.

The descriptions of each form that follow the table include: notes on the development of each form including references for evaluation measures and risks to the evaluation process associated with each form.

Changes to Method, Process and Forms 2018

The major change to method in 2018 was the removal of the participant follow-up survey (SIN-F-04). The decision was made based on a combination of resource limitations, low rates of

participant recruitment for this option in 2018 and restricted capacity of participants to complete a longer survey instrument (e.g. the validity of the instrument for people with cognitive impairment is questionable).

The participant interview (SIN-F-05) is now the major remaining tool for eliciting medium-term

participant outcomes (e.g. increased activity participation, increased social and nature connection, decreased loneliness and improved quality of life) from the project.

The administration of the provider feedback questionnaire (SIN-P-02) was reduced from biannual to annual to reduce the burden of form completion for activity providers.

Minor changes were made to remaining forms and the most recent versions of all forms are now provided in this updated evaluation manual.

TABLE 1: SiN EVALUATION FORMS SUMMARY

FORM CODE	FORM NAME	PURPOSE/MEASURES	NOTES ON ADMINISTRATION	DATA TRANSFER	DATA ENTRY
SIN-F-01	Participant registration form	Workshop registration Measures: Demographics, project reach, referral source, access (e.g. transport, distance travelled, who they came with), motivation.	Activity provider to supply to new participants Self-completed in hardcopy form.	Activity providers to forward to SiN project staff by scan/email or other within 1 week of administering. Preferably 1-2 days.	By SiN project staff into the EXCEL workbook- Registration sheet.
SIN-F-02	Participant attendance sheet	Data on types, location, numbers of activities provided. Number of participants and limited demographics (e.g. gender, age category, care category).	Activity provider to complete top portion of sheet and have all activity participants complete their details before activity commences.	Activity providers to forward to SiN project staff by scan/email or other within 1 week of administering. Preferably 1-2 days.	By SiN project staff into the Excel workbook- Attendance sheet.
SIN-F-03	Participant Post Activity survey	Participant satisfaction Outcomes- skills, social connection, green space connection, Process evaluation (i.e. How can we do it better?)	Activity provider to administer to participants to complete (self-administered with assistance) in the last five minutes of the time allocated to activities.	Activity providers to forward to SiN project staff by scan/email or other within 1 week of administering. Preferably 1-2 days.	By SiN project staff into the Excel workbook- Post Activity Survey sheet.
SIN-P-01	Activity Provider Post Activity form	Activity information Participant information Process evaluation (i.e. How can we do it better?)	SurveyMonkey – Activity providers will be given a link to complete the form immediately following activity.	Activity providers to complete online form immediately after facilitating SiN activity.	NA- Data will be available on Survey Monkey and made accessible to SiN project team for quarterly analysis.

FORM CODE	FORM NAME	PURPOSE/MEASURES	NOTES ON ADMINISTRATION	DATA TRANSFER	DATA ENTRY
SIN-F-04	Participant Follow-up Survey	Quantitative evidence of project outcomes including: social participation, activity participation, nature connection, social connection, loneliness, quality of life (QOL).	REMOVED MID 2018 First administration needs to occur as soon as possible after activity registration. By phone is likely to be most feasible/practical. Suggest 3,6,12 month administration	NOT TO BE ADMINISTERED SiN project staff to administer survey and enter data.	NOT APPLICABLE SiN project staff to enter survey data into Excel workbook on “follow-up survey” sheet.
SIN-F-05	Participant interview schedule	Qualitative evidence of project outcomes including: social participation, activity participation, nature connection, social connection, loneliness, QOL. Links outcomes to activities. Measure of unintended benefits. Process measures- enablers and barriers.	Interviews for selected participants to be conducted every 6 months. <i>Qualitative quota and saturation sampling or interviews.</i>	SiN project staff to conduct interviews, transcribe interviews.	SiN project staff to transcribe using Transcribe Wreally. Data sharing between SiN project staff and VIP to be discussed and determined in December 2018
SIN-P-02	Annual provider feedback questionnaire	Outcome evidence Process measures	To be administered by SiN staff to providers via phone, email, or face-to-face.	SiN project staff to enter and manage data.	Completed data shared between VIP via ProjectPlace and SurveyMonkey.



SECTION 3

Description of evaluation tools



EVALUATION TOOLS DESCRIBED

Activity registration form (SIN-F-01)

The SiN activity registration form is a standard registration tool. Additionally it includes: (a) Measures of project reach, (b) Referral pathways, (c) Qualitative information about why they wanted to participate, (d) How they got to the activity, (e) Limited information about current outdoor activity and social connection, (f) Consent to participate in the evaluation.

- (a) **Measures of project reach:** Information on social disadvantage including postcode and disability/health problems. Also age, gender, living situation, marital status, ethnicity are additional indicators of reach.
- (b) **Referral pathways:** Participants are asked how they heard about the activity. Who they came to the activity with is another indicator for referral pathways (e.g. Did they come with an organised group, a carer or on their own?)
- (c) **Qualitative information:** The question about “Why they want to join the activity” will provide insight into how marketing the activities is operating and will also assist facilitators by having information on participant “expectations”.
- (d) **How they got to the activity:** Information about transport, who they came with and how long it took to get to the activity will provide process information on enablers and barriers for activity participation.
- (e) **Information about outdoor activity and social connection:** Questions about current level of outdoor activity and marital status will provide some baseline information about whether the project is targeting the people who need it most.
- (f) **Consent to participate in the evaluation:** All participants need to be provided the “Information sheet for Registration” (SIN-I-01) and completing the consent section at the bottom of the registration form will enable SiN project staff to identify activity participants for including in the evaluation.

Main risks identified: Ensuring that the completed forms are transferred to the SiN project staff in a timely manner so this data can be entered, the Follow-up survey (SIN-F-04) can be administered as soon as possible after participant activity commencement and linked to other evaluation data. This requires Activity Providers to collect and transfer the SIN-F-01 data quickly and effectively.

Participant Attendance Sheet (SIN-F-02)

The Participant Attendance Sheet is straightforward and is to be used as any other activity or training “sign-on” form. This information needs to be provided by the Activity providers as soon as possible after the activity is facilitated.

The names can be entered on the “Participant Attendance” spreadsheet on the EXCEL SiN project staff workbook.

It is important to transfer the “final numbers” information onto the Activity Provider Post Activity form (SIN-P-01) completed on SurveyMonkey.

Main risks identified: Participant attendance sheets are misplaced or not forwarded to the SiN project staff. Final participant numbers do not get transferred to the Activity Provider Post Activity Form (SIN-P-01)

Participant Post Activity Survey (SIN-F-03)

The Participant Post Activity Survey (SIN-F-03) is the key instrument for measuring both satisfaction (reaction to) the activity and immediate and potential short-term outcomes. Short-term outcomes evidenced through this survey include:

- (1) Increased skills- Learned something new and/or gained a skill
- (2) Increased social connection- Met someone new that they intend to meet again
- (3) Increased connection to Green Spaces- Intention to return and increase outdoor activities

The survey is two-sided. The first side includes simple 3-point Likert scales with smiley faces for measurement of satisfaction and short-term outcomes.

The second side includes open-ended questions for qualitative measurement of satisfaction and process. The second page also includes participant demographics as it is suggested that this survey is anonymous to increase the honesty of activity feedback.

Main risks identified: Participant Post Activity surveys are not administered, are misplaced or not forwarded to the SiN project staff.

Participant Interview (SIN-F-05)

Participant interviews will be conducted periodically by SiN project staff. Interviews will be guided by the Participant Interview Schedule and a “probes” card. The approximate duration of interviews 15-30 minutes.

A qualitative purposeful sampling frame was developed by SiN project team in collaboration with VIP in December 2017. This sampling frame is shown in Figure 4.

Training in conducting qualitative interviews was delivered by VIP on December 5th and December 8th 2017. Intermediate-level interview training will be provided to the SiN project team in Dorset on November 30 2018.

Interviews will be recorded using voice recorders and transcribed using Transcribe Wreally (<https://transcribe.wreally.com>).

Templates to assist qualitative interviewing have been provided by VIP. These templates include:

- Transcribing interviews
- Documenting method
- Creating an evaluation story from interview

Activity Provider Post Activity Survey (SIN-P-01)

The main purpose of the Activity Provider Post Activity Survey is for transfer of key information about the activity provided to SiN project staff. This includes basic information on:

- The activity (i.e. type and location)
- Number of participants
- Overall target group information (i.e. number of men/women, older people, carers, etc)
- Objectives of activity (i.e. skills transferred)
- Feedback on the strengths and challenges of the workshop from the perspective of activity providers.

This form also includes a checklist of evaluation information that needs to be transferred from the activity provider to SiN project staff.

Main risks identified: That these forms are not completed and information is not provided to SiN project staff in a timely manner.

Annual Provider Feedback Questionnaire (SIN-P-02)

The Annual Provider Feedback Questionnaire is comprised of open-ended questions and is designed to be administered either face-to-face, by phone or online (SurveyMonkey) to all providers associated with the SiN project. This includes activity providers, referring providers and other service providers.

The purpose of this provider questionnaire is to elicit information about project processes and about changes in provider capacity and activity sustainability.

Participant Follow-up Survey (SIN-F-04) – Described but no longer part of the methodology

The participant follow-up survey has the potential to provide the major quantitative evidence for short and medium-term outcomes of the SiN project. It was removed from the method through consultation between the SiN project team and VIP as a result of low levels of recruitment, predicted staff and participant burden, and appropriateness for only a proportion of participants. The interview schedule may be challenging and have questionable validity for participants who are cognitively impaired. The sample needs to be representative and of sufficient size for analysis.

The survey is a 10-15 minute phone or face-to-face administered, 36 multiple choice question follow-up survey: (1) As close as possible to the time of participant registration for SiN activities, (2) At approximately 3 months after registration, (3) At approximately 6 months and (4) At approximately 12 months.

Detail and sources of follow-up survey questions included in SIN-F-04

The survey contains 36 questions that come from a number of validated scales described and referenced in Table 2 below.

TABLE 2: SOURCE OF OUTCOME MEASUREMENT QUESTIONS FOR SIN-F-04 PARTICIPANT FOLLOW-UP SURVEY-NO LONGER BEING USED 2018

SIN-F-04 QUESTION NUMBERS	OUTCOME MEASURE	ORIGINAL SCALE AND REFERENCE	NOTE OF ADAPTION
Q1	NA	This is a measure of how much participation in SiN activities the participant has had	NA
Q2-Q4	Activity participation	Adapted from Caldwell and others 2014 (Caldwell, Fernandez et al. 2014)	Adapted
Q5-Q6	Social contact	Social Network index Berkman and Syme 1979 (Berkman and Syme 1979)	Adapted and shortened version
Q7-Q12	Social participation	Vozikaki and others (2017) (Vozikaki, Llnardakis et al. 2017)	Adapted
Q13-Q18	Nature connectedness	Nature Relatedness Scale – Short Form (NR-6) Nisbet, Zelenski and Murphy 2009 (Nisbet, Zelenski et al. 2009)	NA- Entire scale used
Q19-Q26	Social Connectedness	The social connectedness scale Lee and Robins 1995 (Lee and Robbins 1995)	Adapted to be pitched as positive questions rather than negative (may have detrimental consequence for the target group.)
Q27-Q29	Loneliness	Three-item loneliness scale. Hughes et al. 2004 (Hughes, Waite et al. 2004)	NA- Entire scale used
Q30	Quality of Life	Global Life Satisfaction scale – 1 question and OPQOL-35	Q1 of OPQOL-35 used in its entirety.
Q31-Q36	QOL	Combined BASQID (Bath Assessment of Subjective Quality of Life in Dementia), OPQOL-35 (Older People’s Quality of Life Questionnaire) and CASP-19 (Trigg, Jones et al. 2007, Hyde, Wiggins et al. 2010, Bowling, Hankins et al. 2012)	Adapted and shortened version of general QOL



SECTION 4

Instructions for administering
forms for Activity Providers



INSTRUCTIONS FOR ADMINISTERING FORMS FOR ACTIVITY PROVIDERS

Activity Registration Form (SIN-F-01)

This form is designed to be completed by all participants as soon as they register for an activity. They can either complete it themselves or have someone complete it for them.

It is a double-sided form that will collect important demographic information as well as written consent for participation in the evaluation project.

It is suggested that participants are provided this form with the evaluation information sheet (SIN-I-01). Participants will need the SiN- Evaluation Information sheet for them to be able to complete the consent questions on the second column of the second page of this form.

Evaluation Information Sheet (SIN-I-01)

The Evaluation Information sheet provides information about the evaluation of SiN and explains what participation involves, how information is stored and confidentiality. Please provide participants with the SIN-F-01 form as early as possible and preferably before the participant takes part in their first activity.

Participant Attendance Sheet (Activity Sign-On Form SIN-F-02)

Please ask participants to sign in using this form before the activity starts. As the activity provider, please fill out the top four blocks of the form (activity name, date, location, and your name as the activity provider).

It is important that every participant's information is captured on the sign-on sheet and that the completed sheet is scanned and emailed to project staff immediately following the end of the activity. Please send a copy of the sign-on information at the same time as you complete the Activity Provider- Post Activity form on SurveyMonkey.

Post Activity Survey (SIN-F-03)

The post activity survey is designed to be administered immediately at the end of the activity. It is double-sided form and will collect important information for measuring early participant outcomes (such as learning skills and meeting other people) and participant satisfaction in the activity.

Please make sure you allow 5 to 10 minutes at the end of each activity you provide, for participants to complete one of these forms.

This survey is designed to be **anonymous**. Be sure to let all participants know that their answers will remain strictly confidential. It is important that participants feel comfortable providing honest feedback. It is suggested that you ask one of the participants to collect the completed Post Activity Survey responses in a stamped A4 envelope, sealed and addressed to the SiN project team.

Please forward the forms in the sealed envelope to the SiN project team.

Activity Provider- Post Activity form (SIN-P-01)

The Activity Provider- Post Activity form is an online survey that takes about 5 minutes to complete. It is designed to be completed by Activity Providers as soon as practical after they have provided an activity. The link to the Activity Provider- Post Activity form on SurveyMonkey is below.

<https://www.surveymonkey.com/r/27RS8SX>



SECTION 5

Information for data entry

DATA ENTRY

Quantitative data entry

A combined Excel Data Code book and Work book will be provided to SiN project staff to enter data received from the activity providers. This Workbook will contain data extraction sheets for each form administered to participants including the first 3 administered by the Activity Providers and the forth by SiN project staff. It also contains necessary codes for database establishment.

Sheet 1. Activity registration form data extraction table (SIN-F-01)

Sheet 2: Code Book SIN-F-01

Sheet 3. Participant attendance data extraction table (SIN-F-02)

Sheet 4: Code Book SIN-F-02

Sheet 5: Post activity survey data extraction table (SIN-F-03)

Sheet 6: Code Book SIN-F-03

The code books will be used to guide the development of the ACCESS database. The workbook data sheets will be used as a guide for data extraction from ACCESS database.

The Activity Provider Post Activity survey (SIN-P-01) and the Biannual Provider Feedback Questionnaire (SIN-P-02) will both be administered using SurveyMonkey. No additional data entry will be required. If the Annual Provider Feedback Questionnaire is administered by SiN project staff by phone or face-to-face, data can be directly entered into SurveyMonkey by SiN project staff as they administer it.

Each data extraction sheet of the SiN data entry workbook is shown in Figure 2. The code books are shown in Figure 3.

Qualitative data entry

Participant interviews will be recorded by SiN project staff (with the permission of participants) using voice recorders provided. The interviews will then be transcribed using Transcribe Wreally (<https://transcribe.wreally.com/>).

Interview transcription templates have been provided by VIP.

SiN project staff will be provided training in evaluation story development. Templates have been provided for SiN project staff to develop evaluation stories from their completed interviews.

FIGURE 5: SIN DATA CODE BOOKS FOR DATABASE DEVELOPMENT- EXCEL WORKBOOK.

Variable name	Label	Description	Type	Values	Missing	Notes
DATE_FORM	Date of Form	Date of Form	Scale	Date	99=Missing	
ACTIVITY_NAME	Name of Activity	Name of Activity	Text		99=Missing	
FIRST_NAME	First Name	First Name	Text		99=Missing	
SURNAME	Surname	Surname	Text		99=Missing	
NEAREST_TOWN	Nearest Town	Nearest Town	Text		99=Missing	
POSTCODE	Post Code	Post Code			99=Missing	
LIVING_SITUATION	Living Situation	Please tick all that apply about your living situation	Nominal	1=I live on my own independently; 2=I live with my carer (including relative carer); 3=I live with a spouse, partner or family; 4=I live in a residential/care home; 5=I live with an adult I am the carer for; 6=Other	99=Missing	
SPECIFY_LIVING	Other Living Situation	Other Living Situation	Text		99=Missing	
PHONE	Phone Number	Phone Number			99=Missing	
MOBILE	Mobile Phone Number	Mobile Phone Number			99=Missing	
EMAIL	Email Address	Email Address	Text		99=Missing	
DOB	Date of Birth	Date of Birth	Scale	Date	99=Missing	
ETHNICITY	Ethnicity	Ethnicity	Nominal	1=White; 2=Mixed/multiple; 3=Asian/Asian British; 4=Black/African/Caribbean/Black British; 5=Other	99=Missing	
SPECIFY_ETHNICITY	Other Ethnicity	Other Ethnicity	Text		99=Missing	
GENDER	Gender	Gender	Nominal	1=Male; 2=Female; 3=Transgender; 4=Other; 5=Prefer not to say	99=Missing	
SPECIFY_GENDER	Other Gender	Other Gender	Text		99=Missing	
MARITAL_STATUS	Marital Status	Marital Status	Nominal	1=Single (never married); 2=Married or partnered; 3=Separated; 4=Widowed; 5=Divorced	99=Missing	
HEAR_ABOUT	How did you hear about this activity	How did you hear about this activity	Nominal	1=Word of mouth; 2=Internet search; 3=Newspaper, poster, flyers; 4=Through a service provider; 5=Other; 6=Webpage; 7=Social media	99=Missing	

Variable name	Label	Description	Type	Values	Missing	Notes
ACTIVITY_NAME	Activity Name	Activity Name	Text		99=Missing	
ACTIVITY_DATE	Activity Date	Activity Date	Scale	Date	99=Missing	
ACTIVITY_LOCATION	Activity Location	Activity Location	Text		99=Missing	
ACTIVITY_PROVIDER	Activity Provider Name	Activity Provider Name	Text		99=Missing	
FIRST_NAME	First name	First name	Text		99=Missing	
SURNAME	Surname	Surname	Text		99=Missing	
POSTCODE	Postcode	Postcode			99=Missing	
GENDER	Male/Female (M or F)	Male/Female (M or F)	Text		99=Missing	
AGE_GROUP	Age Group	Age Group	Ordinal	<30; 30-59; 60-74; 75+	99=Missing	Discuss re: Access data entry
CARE_HOME	Live in residential/care home	Live in residential/care home	Nominal	1=Yes	97=Unknown	
WITH_CARER	Came with carer	Came with carer	Nominal	1=Yes	97=Unknown	
AS_CARER	Came as carer	Came as carer	Nominal	1=Yes	97=Unknown	
ON_OWN	Came on own	Came on own	Nominal	1=Yes	97=Unknown	
WITH_FAMILY	Came with family/friend	Came with family/friend	Nominal	1=Yes	97=Unknown	
REGISTERED	Registered	Registered	Nominal	1=Yes	97=Unknown	
PHOTO_CONSENT	Consent for photo	Consent for photo	Nominal	1=Yes	97=Unknown	
COMMENTS	Comments	Comments	Text			
ID_NUM	ID Number	ID Number				

Variable name	Label	Description	Type	Values	Missing
ACTIVITY_NAME	Name of Activity	Name of Activity	Text		
ACTIVITY_DATE	Date of Activity	Date of Activity	Scale	Date	
Q1	Rate the activity overall	Rate the activity overall	Ordinal	1=Good; 2=Fair; 3=Poor	99=Missing
Q2	Rate opportunities to participate	Rate opportunities to participate	Ordinal	1=Good; 2=Fair; 3=Poor	99=Missing
Q3	Rate the chance to meet new people	Rate the chance to meet new people	Ordinal	1=Good; 2=Fair; 3=Poor	99=Missing
Q4	Rate the opportunity to socialise	Rate the opportunity to socialise	Ordinal	1=Good; 2=Fair; 3=Poor	99=Missing
Q5	Rate the opportunities provided to learn a new skill	Rate the opportunities provided to learn a new skill	Ordinal	1=Good; 2=Fair; 3=Poor	99=Missing
Q6	Rate the opportunity to share my knowledge	Rate the opportunity to share my knowledge	Ordinal	1=Good; 2=Fair; 3=Poor	99=Missing
Q7	Rate the extent to which the activity met my expectations	Rate the extent to which the activity met my expectations	Ordinal	1=Good; 2=Fair; 3=Poor	99=Missing
Q8	Rate the opportunity to connect to nature	Rate the opportunity to connect to nature	Ordinal	1=Good; 2=Fair; 3=Poor	99=Missing
Q9	I enjoyed the activity	Agree/neutral/disagree with I enjoyed the activity	Ordinal	1=Agree, 2=Neutral; 3=Disagree	99=Missing
Q10	I felt included	Agree/neutral/disagree with I felt included	Ordinal	1=Agree, 2=Neutral; 3=Disagree	99=Missing
Q11	I learnt something new	Agree/neutral/disagree with I learnt something new	Ordinal	1=Agree, 2=Neutral; 3=Disagree	99=Missing
Q12	I refreshed an existing skill	Agree/neutral/disagree with I refreshed an existing skill	Ordinal	1=Agree, 2=Neutral; 3=Disagree	99=Missing

adv

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SECTION 6

Copies of all evaluation tools



Stepping into Nature - Evaluation Information

Stepping into Nature is helping to deliver health and wellbeing benefits for Dorset's older people, including those living with dementia and their carers. Together with our partners, we have been providing a range of nature-based activities to people since April 2017. The project is funded by the Big Lottery Fund until March 2020.

Stepping into Nature is currently being evaluated to see if the project brings benefits to the people of Dorset. We want to know if experiencing these activities increases health and wellbeing through connecting people to green spaces and providing opportunities to meet others and learn new skills.

The evaluation results will be used to:

- Provide evidence of the benefits of Stepping into Nature to Dorset residents;
- Inform changes to the project and activities to increase benefits;
- Determine the applicability of extending these activities in Dorset and to other places beyond 2020;
- Assist future funding of these types of activities in Dorset and England.

What does participation in the evaluation involve?

There are three main ways we are evaluating Stepping into Nature:

1. Through activity records – including participant registration form and 1-page activity feedback forms for participants and facilitators.
2. A survey administered to participants at registration and 3 month intervals during the time of your participation in Stepping Into Nature activities.
3. In-person and phone interviews with participants, providers of facilitation and referrers every 6 months.

The surveys will be of about 10 minutes duration and the interviews will take about 30 minutes.

The interviews and surveys will be about your experience of the Stepping into Nature activities and wellbeing. You will also be invited to provide feedback on how the activities could be improved. You may be filmed or photographed during activities, however this is voluntary and optional.

You will have the option of your story of participation being publicised or kept confidential. Participation in all aspects of the evaluation is voluntary. Non-participation will not affect your participation in the activities in any way. You have the right to withdraw or restrict your consent at any time via the contact details below.

You can opt to participate through the Stepping into Nature Registration form. Your personal information will be used by the Stepping into Nature programme to deliver and monitor activities. The information on this form will be shared with Public Health Dorset for evaluation and will be held securely for the duration of the evaluation. You have the right to withdraw or restrict your consent at any time via the contact details below.

**If you have any questions about the evaluation, please contact Julie Hammon.
Email: stepin2nature@dorsetcc.gov.uk**

Stepping into Nature - Evaluation Information

Stepping into Nature provides a range of nature-based activities to Dorset's older people.

We are evaluating the project to look at its benefits.

The results will be used to improve the activities and potentially extend them beyond 2020.

What does participation in the evaluation involve?

All participants are asked to provide feedback at the end of each activity.

To look at the value of the project and how we can improve it, participants can get involved by:

- Filling in a multiple-choice survey that takes about 10 minutes about every 3 months; OR
- Participating in an interview with a member of the project team about every 6 months.

If you opt for an interview, you have the option of your story being publicised or keeping it confidential.

Some participants may be filmed or photographed during Stepping into Nature activities.

All participation in this evaluation is voluntary and optional.

You will be asked about whether you want to participate in different aspects of the evaluation at the beginning when you register. But you can also change your mind after this- Just let the activity provider know.

Your personal information will be used by the Stepping into Nature programme to deliver and monitor activities. The information on this form will be shared with Public Health Dorset for evaluation and will be held securely for the duration of the evaluation.

You have the right to withdraw or restrict your consent at any time via the contact details below.

You have the right to withdraw or restrict your consent at any time via the contact details below.

Julie Hammon

Email: stepin2nature@dorsetcc.gov.uk

Stepping into Nature – Activity Registration Form

All information provided on this form will remain strictly confidential. It will only be used for assisting your participation in activities and for evaluation of the Stepping into Nature initiative.

Date:
Activity:
Participant information
First name:
Surname:
Nearest town:
Postcode:
Please tick all that apply about your living situation:
<input type="checkbox"/> I live on my own independently
<input type="checkbox"/> I live with my carer (including relative carer)
<input type="checkbox"/> I live with a spouse, partner or family
<input type="checkbox"/> I live in a residential/care home
<input type="checkbox"/> I live with an adult I am the carer for
<input type="checkbox"/> Other _____
Phone
Mobile:
Email:
Date of birth:
What is your ethnicity?
<input type="checkbox"/> White
<input type="checkbox"/> Mixed/multiple
<input type="checkbox"/> Asian/Asian British
<input type="checkbox"/> Black/African/Caribbean/Black British
<input type="checkbox"/> Other _____
Gender:
<input type="checkbox"/> Male
<input type="checkbox"/> Female
<input type="checkbox"/> Transgender
<input type="checkbox"/> Other _____
<input type="checkbox"/> Prefer not to say
Continue next column 

Participant information cont
Marital status:
<input type="checkbox"/> Single (never married)
<input type="checkbox"/> Married or partnered
<input type="checkbox"/> Separated
<input type="checkbox"/> Widowed
<input type="checkbox"/> Divorced
How did you hear about this activity?
<input type="checkbox"/> Word of mouth
<input type="checkbox"/> Internet search
<input type="checkbox"/> Newspaper, poster, flyers - Please name _____
<input type="checkbox"/> Through a service provider-Please name _____
<input type="checkbox"/> Other - Please specify _____
<input type="checkbox"/> Webpage - Please specify _____
<input type="checkbox"/> Social media (e.g. Twitter, facebook)
Please specify _____
Why did you want to join this activity?
How often do you participate in outdoor activities (not including home-based activities such as gardening)?
<input type="checkbox"/> Once a week or more
<input type="checkbox"/> 1-3 times a month
<input type="checkbox"/> 1-5 times in 6 months
<input type="checkbox"/> Once a year or less
<input type="checkbox"/> Never
Continue next page

Participant information *cont*

Are your day-to-day activities limited because of a long-term health problem or disability?

- ¹ Yes- limited a lot
- ² Yes – limited a little
- ³ No
- ⁴ Prefer not to say

Who did you come to the activity with?

- ¹ On my own
- ² With my carer (including relative carer)
- ³ As a carer for someone else (family/friend)
- ⁴ With family or friends
- ⁵ As a professional carer
- ⁶ Other - Please specify _____

What mode of transport did you use to get here?

- ¹ Own vehicle
- ² Public transport
- ³ Volunteer driver
- ⁴ Other _____

How long did it take you to get here (travel time):

Emergency contact details

Name:

Phone:

Relationship to you:

Who completed this form:

- ¹ Self
- ² Carer
- ³ Other

Continue next column 

Consent

¹ Yes, I have read the Stepping into Nature Evaluation information sheet and agree to participate.

¹ Yes, I am willing to be contacted in the future about the evaluation (either interview or survey).

¹ Yes, I am happy for my image (film and photograph) to be used in project reporting and promotional information.

Preferred mode of contact:

- ¹ Email
- ² Phone

Signature:

Date:

Thank you for registering

Office use ONLY

Activity provider notes:

ID number:

(To be allocated by SiN project staff)

Stepping into Nature - Activity Sign on sheet



Activity name:
Activity date:
Activity location:
Activity Provider name:

	First name	Surname	Postcode	Male/Female (M or F)	Age Group <30, 30-59, 60-74, 75+	Live in residential/care home (Tick)	Came with carer (Please tick)	Came as carer (Please tick)	Came on own (Please tick)	Came with family/friend (Please tick)	Registered? (Please tick)	Consent for photo (Please tick)	Comments
1						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
11						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

	First name	Surname	Postcode	Male/Female (M or F)	Age Group <30, 30-59, 60-74, 75+	Live in residential/ care home (Tick)	Came with carer (Please tick)	Came as carer (Please tick)	Came on own (Please tick)	Came with family/friend (Please tick)	Registered? (Please tick)	Consent for photo (Please tick)	Comments
12						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
13						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
15						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
16						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
19						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
20						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
21						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
22						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
23						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
24						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
25						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
26						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Stepping into Nature – Post Activity Survey

All information provided on this form will remain strictly confidential. It will only be used for assisting your participation in the program and for evaluation of the Stepping Into Nature initiative.

Activity name:

Date:

Please rate the following aspects of the activity you have just participated in (Tick box).



	Good	Fair	Poor
1. The activity overall	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
2. Opportunities to participate	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
3. The chance to meet new people	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4. The opportunity to socialise	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
5. The opportunities provided to learn a new skill	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
6. The opportunity to share my knowledge and skills	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
7. The extent to which the activity met my expectations	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
8. The opportunity to connect to nature	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>

Please state your agreement with the following questions about the activity you participated in.



	Agree	Neutral	Disagree
9. I enjoyed the activity	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
10. I felt included	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
11. I learnt something new	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
12. I refreshed an existing skill	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
13. I met new people that I intend to meet with again	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
14. I intend to return and do more activities with Stepping into Nature	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
15. I intend to spend more time in the outdoors	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
16. I will tell someone else about this activity	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>

Please turn over to next page 

17. What do you like best about this activity?

18. What did you like least about this activity?

19. What else would help you participate in more activities like this?

20. What will you tell others about the activity?

21. Which of the following Stepping into Nature Activities are you interested in participating in? (Please tick all that apply)

- Greenwood Club (Dorset Forest Schools)
- Wellbeing Walks
- Woodland Walks
- Poetry walks
- Local History
- Arts Activities
- Coastal Walks
- Gardening
- Village Walks
- Nature activities

22. What other kinds of activities would you like to see offered in the future by Stepping into Nature? (Please tick all that apply)

- Conservation/Wildlife volunteering
- Wild/nature watching
- Stone walling/Hedge laying
- Geocaching
- Music/Playing instruments/Singing
- Sculpture/Art
- Creative writing
- Photography
- Other _____

23. Did someone assist you in filling out this form? Yes No

Thank you for your participation

Summary of completed Activity provided

1. Date of activity provided:

2. Name of activity provided:

3. Location of activity:

4. Your name (Activity Provider):

5. Total number of participants attending activity:

6. Approximate number of males/females participating in activity-

Males

Females

7. Approximate number of participants from SiN target group
(ie. older people including those who have dementia and their carers)

Your feedback from the activity

8. Please choose the types of skills and experiences you tried to transfer to participants during the activity. Please check only the 3 priority skills/experiences focused on.

- | | |
|---|---|
| <input type="checkbox"/> Confidence and self esteem (e.g. in own ability, to try new things) | <input type="checkbox"/> Connecting to nature |
| <input type="checkbox"/> Listening and public voice (e.g. confidence to engage, speak up and share opinions in a group) | <input type="checkbox"/> Knowledge and understanding of the natural environment |
| <input type="checkbox"/> Relaxation/mindfulness | <input type="checkbox"/> Observation and identification of wildlife |
| <input type="checkbox"/> Research skills (e.g. Interpreting historical records) | <input type="checkbox"/> Fitness/Exercise |
| <input type="checkbox"/> Specific practical skills (e.g. Drawing, tool use, singing, book binding, writing poetry) | |
| <input type="checkbox"/> Other (please specify) | |

9. Can you please rate your satisfaction with the following aspects of the activity you facilitated.

	Extremely satisfied	Satisfied	Neither satisfied or dissatisfied	Dissatisfied	Extremely dissatisfied
How interested you felt participants were in the activity you offered	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How the activity was received by participants overall (i.e. how satisfied you felt participants were)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
What you achieved through the activity (e.g. sharing skills, connecting people to green spaces and each other)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The support you received from SiN project staff for enabling you to facilitate the activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please comment on any responses of "Neither satisfied or dissatisfied" or lower (i.e. dissatisfied)

10. In your opinion, what about the activity you facilitated worked well?

11. In your opinion, what about the activity did not work?

12. What were the main challenges you faced in providing and facilitating the activity?

13. In your opinion, how could the activity you facilitated be improved?

Providing participant **sign-on sheet** and **post-activity surveys**

Please scan and email sign-on sheets and post-activity surveys immediately after providing the SiN activity to
Stepin2nature@dorsetcc.gov.uk

14. Please confirm the following information has been emailed to the SiN project coordinator

	Yes	No
Participant Registration forms (for new participants only)	<input type="radio"/>	<input type="radio"/>
Completed Activity Sign-on sheet	<input type="radio"/>	<input type="radio"/>
Completed Post-Activity surveys	<input type="radio"/>	<input type="radio"/>

15. Please write any comments or additional relevant information here (Including participant anecdotes and quotes)

16. Your contact information

Name

Email Address

Phone Number

Stepping into Nature- Participant Follow up Survey

Instrument to be administered: (1) Registration into the program, (2) At 3 months, (3) At 6 months, (4) At 12 months

Project staff/ Activity provider- Please complete this part prior to interview

Participant First name: _____ Participant Surname: _____

Date: _____ Is person a carer? ¹ Yes ² No

Link to Registration form (ID etc): _____

Administration : ¹ Phone ² Face-to-face ³ As a group ⁴ Other _____

Person administering: _____

Stage of participation (Please tick): ¹ Registration ² 3 mths ³ 6 mths ⁴ 12 mths

Instructions to participants

Most of the following questions ask about different aspects of your life over the past few months.

Please choose the response the best applies.

There are no right or wrong answers.

Please answer the questions as honestly as you can.

This questionnaire should not take longer than 15 minutes.

Q1. Approximately how many Stepping into Nature activities have you participated in in the last 3 months?

Not applicable

Activity and social participation

In the last few months, please rate the amount of time you have spent on the following activities?

	Not at all	Less than once a month	Once a month	2 to 3 times a month	Once a week	Several times a week	Every day
Q2. Doing something outdoors at home for at least 30 minutes at a time	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
Q3. Doing something outdoors in a green or open space for at least 30 minutes at a time (including SiN activities)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
Q4. Doing something outdoors in local area or neighbourhood for at least 30 minutes at a time	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
Q5. Face-to-face contact with family	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
Q6. Face-to-face contact with friends	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
Q7. Taking part in a religious organisation (e.g. church, synagogue, mosque)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
Q8. Attending a training or educational course	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
Q9. Attending a sport, social or other type of club	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
Q10. Taking part in a community-related or political activity	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
Q11. Done voluntary or charity work	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
Q12. Provided help to family, friends or neighbours	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

Nature connectedness

Please state the extent to which you agree with the following statements from “strongly disagree” to “strongly agree”.

	Disagree strongly	Disagree a little	Neither agree or disagree	Agree a little	Agree strongly
Q13. My ideal holiday spot would be a remote, wilderness area	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Q14. I always think about how my actions affect the environment	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Q15. My connection to nature and the environment is part of my spirituality	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Q16. I take notice of wildlife wherever I am	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Q17. My relationship to nature is an important part of who I am	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Q18. I feel very connected to all living things on earth	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Social connectedness

Please state the extent to which you agree with the following statements from “strongly disagree” to “strongly agree”.

	Disagree strongly	Disagree	Slightly disagree	Slightly agree	Agree	Agree strongly
Q19. I feel comfortable in the presence of strangers	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
Q20. I am in tune with the world	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
Q21. I fit in well in new situations	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
Q22. I have ample opportunities to meet other people	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
Q23. I feel close to people	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
Q24. I see people as friendly and approachable	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
Q25. I feel understood by people I know	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
Q26. I am able to connect with other people	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6

Loneliness

Please answer the following questions keeping in mind how you have felt over the last few months.

	Hardly ever	Some of the time	Often
Q27. How often do you feel that you lack companionship?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Q28. How often do you feel left out?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Q29. How often do you feel isolated from others	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

Quality of life

	Very bad	Bad	Alright	Good	Very good
Q30. Thinking about both the good and bad things that make up the quality of your life, how would you rate the quality of your life as a whole?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Quality of life continued

Please indicate the extent to which you agree with each of the following statements from “strongly disagree” to “strongly agree”.

	Disagree strongly	Disagree a little	Neither agree or disagree	Agree a little	Agree strongly
Q31. I enjoy my life overall	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Q32. Life gets me down	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Q33. I am happy much of the time	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Q34. I am able to do the activities that I want to do	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Q35. I am able to do the things that I enjoy	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Q36. I look forward to things	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

THANK YOU FOR YOUR PARTICIPATION

Stepping into Nature – Participant Interview Schedule

Introductory blurb when meeting face-to-face after the interview has been arranged over the phone based on the participant consenting to participating in the evaluation via the Registration process and form.

Attach a “Probe” card to use for assisting you in getting depth through the interview.

“Hello. Thank you for agreeing to participate in this interview for the evaluation of the Stepping into Nature project. We are evaluating the project to see if it brings benefits to the people of Dorset. The results will be used to provide evidence of benefits and to inform project changes to increase the benefits people might get from this kind of project in the future. The results will be reported back to the funder, Big Lottery.

The interview will go for about 30 minutes. I have a few questions but it will be also quite conversational. We will use the information you provide to put together a story about your participation in Stepping into Nature and the difference this has made in your life. You will have the opportunity to review this story and you can decide then if you want to identifiable to you or if you would like it made not identifiable.

We may also contact you in about 6 months time for do another interview and I will ask you at the end of this one if that would be okay with you.

Do you have any questions before we begin?”

(1) Can you tell me how you first heard about the Stepping into Nature activities?

Use list of SiN activities in booklet with logo as a prompt.

(2) What made you start taking part in the activities?

(3) Can you tell me a bit more about your involvement in the activities?

Example Prompts:

Which activities have you been involved in? (could list some)

(4) What have been the good things about participating in the Stepping into Nature activities?

Example Prompts:

What have you liked about it?

Have you gained any skills?

How is your life different now compared to before?

(5) What sorts of things did you learn?

Example Prompts:

Have you gained any skills?

(6) Have you met anyone new through the activities?

Example prompts:

Are you socialising more with people?

Has it changed your relationships with family and friends?

(7) Has taking part in the Stepping into Nature activities changed how you feel about nature and the land around you?

Example prompts:

Do you feel more part of the land around you

Do you feel more connected to nature places now?

Are you taking more notice of wildlife now?

(8) Has taking part in Stepping into Nature activities resulted in any changes to how you feel?

Example prompts:

Do you feel better in yourself?

Do you feel healthier?

Do you feel differently about your life to how you felt before taking part?

(9) Are you doing anything differently in your life because of your taking part in Stepping into Nature activities?

Example prompts:

Are you doing anything, you were not doing before you started with the activities?

What other things have happened in your life as a result of taking part in the SiN activities?

(10) Is the person you are caring for doing anything differently in their life because of taking part in the activities?

Use prompts as in Q9

(11) If you could change something about the Stepping into Nature project for yourself, what would it be?

Example prompts:

In your opinion how could the activities be improved?

What things that have made participating challenging?

(12) SUM UP QUESTION – Please summarise the key things you would like me to remember from this interview?

-----**THANK YOU VERY MUCH FOR YOUR TIME**-----

ATTENTION INTERVIEWER- USEFUL QUESTION IF INTERVIEWEE GETS SIDE-TRACKED

“Let me stop you here, for a moment, I want to make sure I fully understand something you said earlier. (Then ask question aimed at getting the response more targeted- ie. About the relationship between them participating in SiN activities and benefits they have experienced and attributed to their participation).

Involvement as a provider in Stepping into Nature (SiN) project over the past 12 months

1. What was your involvement in the Stepping into Nature project in the last 12 months (Please check all that apply)

- Activity provider- Facilitating SiN activities in Dorset Service provider- Referring participants to activities
- Service provider- Bringing participants to activities
- Other (please specify)

2. How long have you been involved with the Stepping into Nature project?

- Less than 3 months
- Between 3 and 6 months
- Between 6 and 12 months
- More than 12 months

3. As an activity provider, approximately how many SiN activities did you provide in the past 12 months?

4. As a service provider, approximately how many SiN activities did you attend in the past 12 months?

5. As a service provider, approximately how many participants did you refer to SiN activities in the past 12 months

Your perspective on the value and challenges of Stepping into Nature (SiN)

6. In your opinion, what have been the best things about SiN project and activities?

7. From your perspective as a provider, what do you see as the major challenges to Stepping into Nature project?

8. In your opinion, what do you see as the major barriers to participation from the target group (older people of Dorset including those living with dementia and their carers)?

9. As a service provider (both activity provider and referrer), please comment on how the SiN project has increased your capacity to provide activities for the target group beyond the SiN project.

10. From your perspective, what difference (if any) is the SiN project making to the lives of older people (especially those living with dementia and their carers)?

11. Can you provide any anecdotes of how you have seen that participating in SiN activities has had an impact on people's lives?

12. What would assist you in being able to provide activities for older people of Dorset to connect to green spaces and other people beyond the SiN project?

13. Do you have any other comments?

Samantha Abbato and Associates
Visual Insights People

PO Box 3108
Yeronga Q 4104

W samanthaabbato.com.au, visualinsights.com.au

E sam@samanthaabbato.com.au

P 0418800133

