

3. Health and Well-Being

Hints and Tips

- Set GSOs that are as specific and measurable as possible.
- Select indicators for which strong, reliable and compelling evidence can be collected. Factors such as the participants, type of activity and timescale will determine what type of evaluation is possible and appropriate.
- Refine generic questions as appropriate to suit your own audiences and activities.
- Allow for unexpected outcomes as they are sometimes the most interesting.
- Remember some GSOs may not easily apply to key areas of your work or may not be easily measurable because of the nature of contact with participants.

Key to mapping to the Generic Learning Outcomes (GLOs)

The letters following each 3rd Tier outcome indicate integration with the GLOs as follows:

K, U	Knowledge and Understanding
S	Skills
A, V	Attitudes and Values
B, P	Behaviour and Progression
E, I, C	Enjoyment, Inspiration and Creativity

3.1 Health & Well-Being: Encouraging healthy lifestyles and contributing to mental and physical wellbeing

Tier 3 GSO Indicator	Possible questions to ask	Examples of evidence
<p>3.1.1 People felt mentally stimulated by the experience. A, V</p>	<p>How has this experience stimulated your mind / sense of wellbeing? This experience has helped me to keep my mind active and try new things (true / false)</p>	<p>"Your thinking ability is sharpened", "Keeps your brain ticking over." Participants, Woodhorn Our Woodhorn project</p> <p>"[The experience] was stimulating for body and mind", "Mixing and being involved in a worthwhile community project, which should stand the test of time, can be both physically and mentally tiring, but one sleeps very well and contented." Volunteers during education work at Museums Luton</p>
<p>3.1.2 People feel that attending the session helped to maintain an active / healthy body. A, V / B, P</p>	<p>How has this experience helped you to keep active and healthy? This experience has helped me maintain an active / healthy body (true / false)</p>	<p>"it encourages me to continue to participate in the work we are doing, which might mean an otherwise less active lifestyle". Volunteer during education work, Museums Luton</p>
<p>3.1.3 People feel more positive about life in general or about specific areas of their lives. A, V</p>	<p>How has this experience made you feel about ways that you can enjoy your time / life in general? This experience has helped me to feel more positive about my life. (true / false) This project has been something to look forward to. (true / false)</p>	<p>"A third user referred to how the library gave him something to 'look forward to' and 'helped [him] through a tough time'. One user now 'felt things were worth living for'. VIP project evaluators, MLA South East</p>
<p>3.1.4 People say they feel an increased sense of wellbeing i.e. they feel inspired, relaxed or think on a higher level. A, V</p>	<p>Has this experience improved your quality of life? Please tell us how. Has being involved in this project helped you to relax? Please tell us how. What did you most enjoy about this experience? This experience gave me a sense of well-being. (true / false)</p>	<p>"I feel a magnificent change in my soul because when I came here I feel relaxed and that has lasted", "The view from the top of the castle will rest in my mind." Participants, Belsay Hall East End Women's Art Group, North East Refugee Service and Good Neighbours Project</p> <p>"Art is the new love of my life. It brings relaxing cheer and satisfaction." Participant, Active Minds over 50s</p> <p>"This is good. It calms you down. When I came in I was angry, now I'm so chilled". Participant, Aquila Pottery project</p>

3.1 Health & Well-Being: Encouraging healthy lifestyles and contributing to mental and physical wellbeing (cont.)

Tier 3 GSO Indicator	Possible questions to ask	Examples of evidence
<p>3.1.5 People say that opportunities for social contact with others have increased their confidence and self esteem. A, V</p>	<p>What has the impact of working in a group been on you personally? I have become more confident meeting new people as a result of this project. (true / false) Working in a group has boosted my confidence. (true / false)</p>	<p>"Parents and carers feel that a benefit of coming to the Rhyme Time sessions is that it 'makes them feel less isolated'." Rhyme Time, Cowes Library, Isle of Wight</p> <p>"The group stayed together in a group instead of going away doing their own thing", "The group behaved differently from normal - they were supportive of the less-abled." Workers, Woodhorn Museum, Archives and Country Park & Phoenix Centre Mental</p>
<p>3.1.6 People felt proud that they participated in a creative process / achieved a creative outcome. A, V / E, I, C</p>	<p>Was doing something creative important to you? Have you been able to be creative in new ways during this activity? How do you feel about what you have created during the project? I am proud of what I achieved / created through this experience. (true / false)</p>	<p>"People all created work to a high standard. They all enjoyed working with new materials and learning new techniques and skills. I was looking forward to doing something new." The Well-being Group, Birtley Community Centre</p>
<p>3.1.7 People say that the experience released them from day to day worries (respite). A, V / E, I, C</p>	<p>How supportive was this experience for you as a carer? This experience has provided a break from day to day life. (true / false) This experience has provided an opportunity to rest and refresh. (true / false)</p>	<p>"It was a rare opportunity to be without worries and to spend very rare quality time with my husband." Participant, North Tyneside Carers Centre Visit to Beamish</p>
<p>3.1.8 People feel that the experience helped them to approach / deal with mental health issues in a positive way. A, V / B, P</p>	<p>How has this experience stimulated you? This experience has helped me to deal with health issues in a positive way. (true / false)</p>	

3.2 Health & Well-Being: Supporting care and recovery

Tier 3 GSO Indicator	Possible questions to ask	Examples of evidence
3.2.1 Numbers of people with specific care / recovery needs engaged in projects. Output	Analysis of visitor /participant figures. (For staff) How were participants with care / recovery needs recruited?	
3.2.2 Numbers of people with caring responsibilities engaged in projects. Output	Analysis of visitor /participant figures. (For staff) How were participants with caring responsibilities recruited?	
3.2.3 People felt that the experience helped them deal with loss, bereavement, injury or impairment. A, V	Please tell us how this experience helped you to deal differently with your injury / loss? This experience has given me something different to focus on other than my loss, etc. (true / false) This experience has provided an outlet for my loss, etc. (true / false)	<p>“One user felt that the library had ‘taken away my depression’ after bereavement and family breakdown.” VIP Project Evaluators, MLA South East</p> <p>“It’s better than being sat around thinking about things” (from participant who was recently bereaved). Mowbray Gardens Library, Our Library, Our Space, Our Community: Rotherham Library Service</p>
3.2.4 People value the support that they have been given through the experience. A, V	How do you feel about the support you have received from the staff? Staff have supported and encouraged me during the project. (true / false)	<p>“Portsmouth users mentioned the value of the practical support provided, for example in finding out about equipment like magnifiers.” VIP Project Evaluators, MLA South East</p> <p>“The volunteer at Portsmouth, whose sight loss was relatively recent, saw the importance of being ‘not written off,’ with the library service helping ‘you achieve your full potential’ and that ‘you can do more than you thought.’” VIP Project Evaluators, MLA South East</p>
3.2.5 People felt supported by being able to talk openly about their lives / heritage. A, V / B, P	I have been able to talk openly about myself / my life during this experience. (true / false) This group has provided a safe and fun place for me to be myself. (true / false)	<p>“The learning environment was fantastic. Some of the girls were reluctant to join in, but seeing others having fun meant it was less of a challenge - they did not have to make a decision to get involved by getting to a place.” Worker, Aquila Pottery Project: Supporting Young Mothers</p>

3.2 Health & Well-Being: Supporting care and recovery (cont.)

Tier 3 GSO Indicator	Possible questions to ask	Examples of evidence
<p>3.2.6 People feel that their recovery is supported by the experience. A, V</p>	<p>Please tell us how this experience has supported your recovery? This experience has helped me to recover more quickly. (true / false)</p>	<p>"I feel that understanding social history is so important in recovery. It induces and inspires positive participation in society. I have been inspired by the learning that has taken place and the talent that has come through." Worker, Project Answer, North Tyneside (Wallsend), Beamish and Woodhorn museums</p>
<p>3.2.7 People with specific care and recovery needs feel positively included. A, V</p>	<p>How were participants with specific care and recovery needs included in the activities? Did you feel that you were actively involved in the experience? I feel that my particular needs were considered during this project. (true / false)</p>	<p>"There is very little available for children with social communication difficulties and this is very well suited to them. The children gain a great deal, in terms of self esteem, confidence, new knowledge (e.g. history of other cultures) which otherwise they would not." Worker, Activities for Aspergers children, Kings Lynn Museums</p>
<p>3.2.8 People with caring responsibilities say that the experience has equipped them with skills / networks for coping in the future. K, U / S</p>	<p>What benefits have you gained from being involved in the project? What new skills have you learnt which will support you in your role as a carer? This experience has helped me to build a better relationship with the person I care for. (true / false) I feel that I am more able to deal with / cope with my role as a carer. (true / false)</p>	<p>"The young carers had the opportunity to bond and make friends with those with similar caring roles." Gateshead Crossroads: Animation Project</p> <p>"Personally gain from being involved in the Network -100% agree", "Help you build a better relationship with the older person in care - 100% agree", "Training given more confidence to undertake reminiscence work -100% agree." Essex Reminiscence Network, Essex Records Office</p>
<p>3.2.9 People with specific care and recovery needs say that the experience has equipped them with strategies / skills for coping in the future. K, U / S</p>	<p>Has this experience helped you to develop strategies for managing your symptoms in the future? I feel more able to deal with / cope with my symptoms in the future. (true / false)</p>	<p>"Our service has been impressed with the sessions and how their children have mixed/ socialised, which is their particular weakness." Worker, Activities for Aspergers children, Kings Lynn Museums</p>

3.3 Health & Well-Being: Supporting older people to live independent lives

Tier 3 GSO Indicator	Possible questions to ask	Examples of evidence
<p>3.3.1 Numbers of older people with / without specific care needs or at risk of social isolation engaged in positive activities through the museum / library / archive.</p> <p>Output</p>	<p>Analysis of visitor / participant figures. (For staff) How were older participants recruited?</p>	
<p>3.3.2 Older people say that they have learnt new skills which enable them to be more independent.</p> <p>S</p>	<p>What new skills have you have learnt during this experience? Please tell us about anything you have learnt during this experience that will help you in the future? I have learnt new skills that will help me to be more independent. (true / false)</p>	<p>"One Alton user had learnt to use spreadsheets for financial records to help maintain his financial independence." VIP Project Evaluators, MLA South East</p> <p>"I am using the internet with Supernova at the Library thanks to you. I really am grateful for your help, guidance and patience in helping me. As you know I am looking for a property move to Sussex so the ability to use the WWW and have the confidence to do so is really helpful." VIP participant, MLA South East</p>
<p>3.3.3 Older people say they have participated in and feel ownership of the development of projects and services.</p> <p>A, V / B, P</p>	<p>How were you involved in the development of this project /activity etc? I have had a say in the way this project has developed. (true / false) Our views were listened to, and our ideas are included in the final project. (true / false)</p>	
<p>3.3.4 Older people say that their experiences, work and interests are valued.</p> <p>A, V</p>	<p>How well do you feel that your own experiences, knowledge and skills have been valued during the project? I have contributed my own memories, knowledge and skills to this project. (true / false)</p>	<p>"An exhibition celebrated the hard work and passion of the over 50s art group with an exhibition created by and exploring some of the work created by the group members over the years in Active Minds." See Life in Colour</p>

3.3 Health & Well-Being: Supporting older people to live independent lives (cont.)

Tier 3 GSO Indicator	Possible questions to ask	Examples of evidence
<p>3.3.5 Older people who are living alone / isolated feel that provision enables them to engage with others. B, P</p>	<p>I have enjoyed spending more time with others as a result of this experience. (true / false) The project has stopped me feeling so isolated. (true / false)</p>	<p>"I will remember the happiness they shared when experiencing times from the past." Worker, North Shields Live at Home Scheme</p> <p>"I have really enjoyed the company of the class with like-minded interests. Each person gives freely their skills and ideas to others." Participant, North Shields Live at Home Scheme</p>

3.4 Health & Well-Being: Helping children and young people to enjoy life and make a positive contribution

Tier 3 GSO Indicator	Possible questions to ask	Examples of evidence
3.4.1 Numbers of children / young people engaged in positive activities. Output	Analysis of visitor / participant figures. (For staff) How were children and young people recruited?	
3.4.2 People say that young people have improved social skills, emotional wellbeing and / or learning skills. S	<p>What new skills you have learnt during this experience? Please tell us about anything you have learnt during this project that will help you in the future?</p> <p>Through this experience I have learnt how to (please tick) : communicate better / listen better / get on with different people / work better in a team / understand others' points of view / stick at things when they get difficult / understand myself better/ be more motivated / take risks / make choices / be more reflective.</p>	<p>"...where we have had repeated family and early years projects I can see a huge improvement in the communication skills, social interaction and development of those involved." Youth Worker, Tyne and Wear Museums</p> <p>"We have learnt how to respect and work with each other without arguments." Participant, Caring for Carers Jarrow March Wellies, Sock Puppets and Film</p> <p>"The group integrated some local historical relevance into the Shoes exhibition at the Shipley Art Gallery by finding out facts about the Jarrow Crusade and creating an animation. The outcomes of the project were not only creative but productive in developing a cohesive atmosphere amongst the sometimes volatile group." Worker, Gateshead Crossroads</p>
3.4.3 People say that young people's ideas and contributions are valued and represented. A, V	<p>How well have your own ideas experiences and knowledge been listened to? I have contributed my own ideas, knowledge and skills to this project. (true / false)</p>	<p>"With support, the group put the exhibition together themselves making decisions ranging from, which pictures to use, how big they were going to be, where everything was going to go, dressing the display cases to designing the flyer." Worker, People's Gallery at Discovery Museum</p>
3.4.4 People say that young people have had the opportunity to meet new and different adults and potential role models. A, V / B, P	<p>Please tell us about any new and interesting people you have met as a result of this project? Who are your role models? Is there anyone you have worked with who might be a new role model for you?</p>	<p>"Deaf young people worked with Deaf artist to create a short film documenting their museum experiences"; "It is important for Deaf children to have a Deaf adult role model – to see a Deaf artist – a professional artist – so that they realise they can do this sort of work as well. They see hearing people doing it, but Deaf children can do this sort of work as well." Deaf Youth Workers, Tyne and Wear Museums</p>

3.4 Health & Well-Being: Helping children and young people to enjoy life and make a positive contribution (cont.)

Tier 3 GSO Indicator	Possible questions to ask	Examples of evidence
<p>3.4.5 People say that young people have participated in and feel ownership of the development of projects and services.</p> <p>A, V / B, P</p>	<p>I have had a say in the way this project has developed. (true / false)</p> <p>Our views were listened to, and our ideas are included in the final project. (true / false)</p>	<p>“The group were also consulted on what clothes and shoes best represent skate style in the Twenty First Century. These objects were purchased for the museums collection Street Skate Style.” Worker, People’s Gallery at Discovery Museum & North Tyneside Youth Service (Wallsend)</p> <p>“Children (Y5) and young people (NEET) took part in the decision making process to recruit of a Children’s Champion who will work to give children and young people a voice throughout the life of the project and beyond. Their youth worker felt the young people had really enjoyed being treated as adults and was proud in the way that they had responded to the task. They approached the recruitment panel to find out more about the project and how to get involved in it.” Mowbray Gardens Library, Our Library, Our Space, Our Community: Rotherham library service</p>
<p>3.4.6 People say that young people feel comfortable with heritage.</p> <p>A, V / E, I, C</p>	<p>How would you describe what heritage means to you?</p> <p>I am interested in learning about the past. (true / false)</p> <p>My heritage / my community is interesting and relevant to me. (true / false)</p>	
<p>3.4.7 People say that young people have enjoyed learning / enjoyed / been inspired by the experience.</p> <p>E, I, C</p>	<p>How do you feel about what you have learnt today?</p> <p>I have enjoyed learning new things during this project. (true / false)</p>	<p>“59% stated the mock trials were ‘great fun’, with a further 20% stating ‘some bits were fun!’.” All the youth leaders stated the young children had enjoyed the session, with the average rating (on a scale of 1-5, with 5 being the maximum) was 4.8.” Workers, NCCL Nottingham Galleries of Justice: Contemporary Mock Trials</p>