Get Out Get Active

Monitoring and Evaluation (phase 1)

Purpose of our evaluation

To better understand what works to get the very least active disabled and non-disabled people active together

Through GOGA evaluation we want to:

- Understand the cumulative impact of the GOGA approach

- Generate evidence to feed into future priorities and programmes to reach the very least active

- Understand how GOGA operates and how we can maximise the investment and it's impact

Evaluation principles

Through our evaluation, we want to:

- Learn through doing! (Action research)

- Minimise burden: evaluation activities proportionate to intensity of engagement

- Ensure deliverers deliver and evaluators evaluate!

- Use standardised and validated tools and questions

- Avoid duplication in information requests – evaluation and programme management team working as one!

GOGA Theory of change

Resources:
- £4.5m (Spirit of 2012)
- Match funding
- Expert local and national expertise to shape delivery

Rationale:
- Lack of participation presents a huge cost to individual health and well-being
- Disabled people are half as likely to be active as non-disabled people
- Certain groups, of which there is increased prevalence of disability, are more likely than others to be inactive
- People's perceptions of self and others has a huge impact on engagement in activity and connectivity to community

Long(er) term outcomes (impact):

More happier, healthy, inclusive communities

Previously inactive individuals remain active post interventions

Each project area is left with a sustainable system

Transferable learning capable of being applied to a wide range of programmes and policy

Positive change in the perception of disabled people in communities

Address inequalities in volunteer engagement

People feel more engaged in their local community

Organisations more informed to better connect to the very least active

Greater number of inclusion champions

Activities:

Recruitment of locality management and delivery staff

Partnership building/strengthening and influencing

Community consultation

Resourcing and delivering genuinely inclusive existing or new activities

Outreach /engagement of participants and volunteers

Training of workforce

Implementation of monitoring and evaluation systems

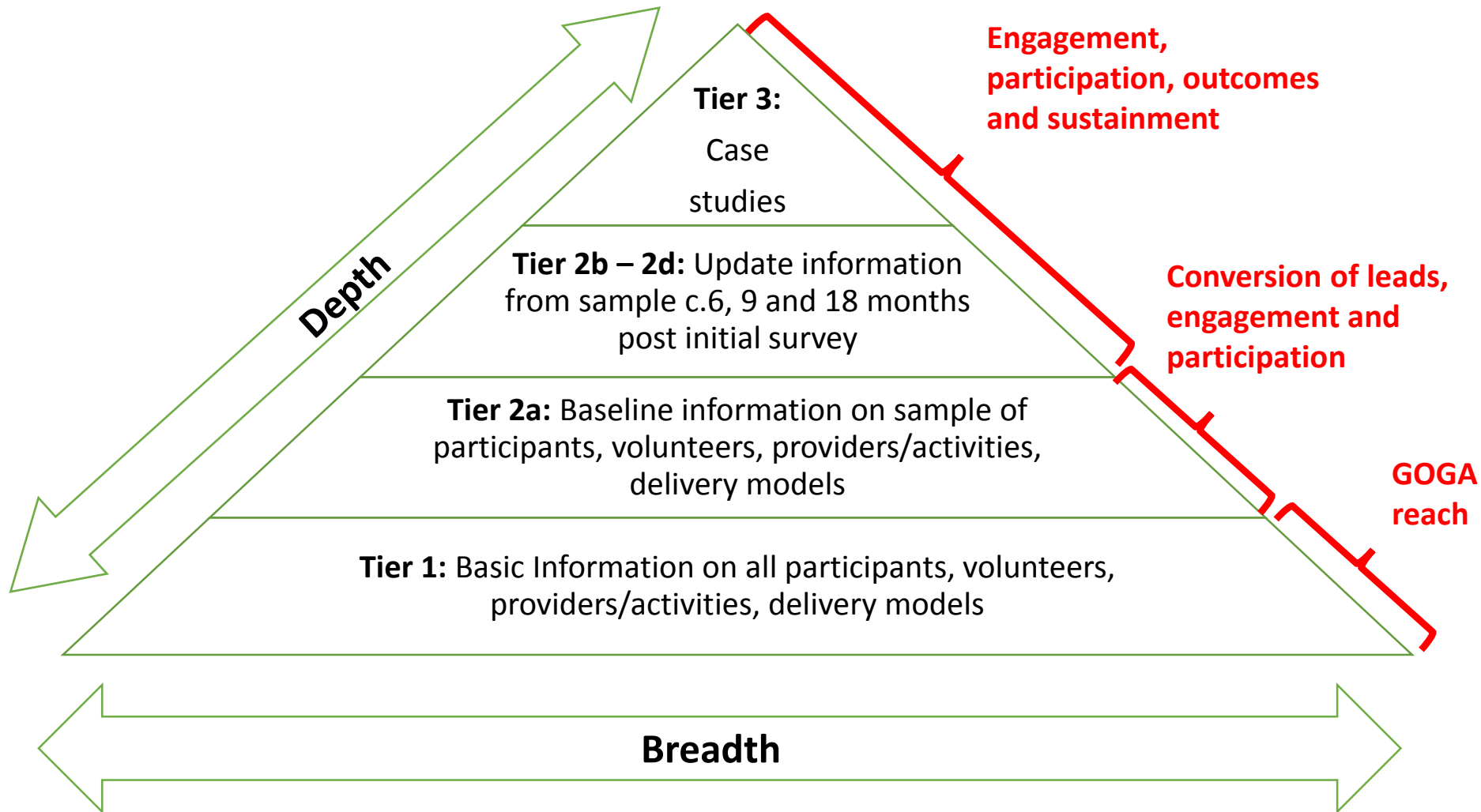**Outputs:**
- 16,500 unique participants
- 2,000 volunteers

Outcomes:
- Reduction of inactivity levels
- Improved physical and mental wellbeing
- Improved social connectedness
- Learning captured through evaluation and disseminated to programme and external partners

Assumptions:
- That the 'GOGA' approach is transferable, scalable and sustainable in other localities with specific targeted groups
- That there is demand amongst potential coaches/mentors to undertake training provision that will support their engagement and support of key target, inactive groups
- That localities are able to identify and recruit participants from key target groups
- That participation in activity leads to:
  - Increases in personal well-being
  - Increased social inclusivity and improved community cohesion
  - Health and wellbeing benefits that improve the lifestyles of those participating and enhance their long term 'lived' experience.
  - Reduced burdens on health and support services for disabled people that reduces costs and demand for longer term support.

Evaluation approach: model

Depth

Tier 3: Case studies

Tier 2b – 2d: Update information from sample c.6, 9 and 18 months post initial survey

Tier 2a: Baseline information on sample of participants, volunteers, providers/activities, delivery models

Tier 1: Basic Information on all participants, volunteers, providers/activities, delivery models

Engagement, participation, outcomes and sustainment

Conversion of leads, engagement and participation

GOGA reach

Breadth

Evaluation approach: who does what?

Partner	Tier 1	Tier 2a	Tier 2b – 2d	Tier 3
Local Delivery Partner	Completion of Participant, Volunteer forms and Activity information, supplying data through Upshot.	Administer baseline surveys with sample of participants, volunteers, or facilitate Wavehill access.	Facilitate access for evaluator to projects, participants, and volunteers or agree approach.	Facilitate access for evaluator to projects, participants, and volunteers. Add examples to online tool
GOGA Ops group	• Oversee quarterly reporting • Oversee all quantitative and qualitative evaluation work • Aid selection of case studies			
GOGA Steering Group	• Underpin and drive successful delivery of M&E in line with M&E framework. • Contribute through interviews for process review. • Sharing learning with other relevant partners beyond the programme.			
Wavehill	Provide tools, support partners in completion, monitor aggregated returns.	Select sample; provide tools, support partners in completion, monitor returns.	Undertake work in line with completion options.	Undertake case study work in line with completion options.

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