

10 ways to Feeling Good and Doing Well

Evaluation

How to measure the impact of your work on wellbeing

Mental health and wellbeing are strongly related. How we feel and how we function are important for both our physical and our mental wellbeing from before birth, as children growing up, through adulthood to later life. Good levels of wellbeing can create flourishing communities.

We believe, if people, communities and organisations adopt and promote these 10 ways to feeling good and doing well, we will improve the health and wellbeing of all Coventry people. The 10 ways combine the 5 ways to wellbeing, a set of nationally researched actions to improve personal wellbeing, with the 5 more ways for Coventry, which local research indicates are important for wellbeing for people living in Coventry.

10 ways - what are they?

5 ways to wellbeing	5 more ways for Coventry
Connect	Have rewarding work
Be active	Feel safe and good about where I live
Take notice	Feel good physically
Keep learning	Eat and drink healthily
Give	Sleep well

For more information on the 10 ways go to www.coventry.gov.uk/wellbeing

The 10 ways evaluation questions have been devised to help you measure the impact of your event, meeting, course or other intervention/activity has on the 10 ways. They are devised to be used towards the end, or after an intervention/activity has taken place.

Before you use these questions please:

1. Read the 15 statements on the evaluation form. These statements relate to the 10 ways to feeling good and doing well.
2. Decide which of the 15 statements you expect your intervention/activity will affect.
 - Think about the aims and objectives of your intervention/activity that you believe will improve wellbeing. Select the statements (from the 15) which are most appropriate for demonstrating your intervention/activity has met these wellbeing aims?
 - Not all of the statements will be relevant to your intervention/activity, and this is quite acceptable! For example, if your activity is a walking club at a local nature reserve, your wellbeing aims might be to promote social connections, to take notice of the surroundings, and to be physically active. You might therefore choose the first 5 statements, statement 11 and 12, as those which best represent your wellbeing aims.

Make a note of which statements you have decided on but ask your respondents to complete all 15 statements in relation to the intervention/ activity they have attended.

- 3. Explain to your participants that not all the questions on the evaluation form may be relevant to the event/ intervention they have attended but you would like them to answer all the questions as far as possible.**
- 4. When asking your respondents to complete these questions make it clear that providing personal information is optional and no names are needed.**
- 5. Explain that the information they do provide will help you to understand how good the intervention/activity has been at improving wellbeing (or not) for different groups and will help you to improve your intervention/ activity.**
- 6. At the end of your intervention/activity, look at your respondents answers and compare them to the statements you expected to affect.**
 - This will help you identify how successful you have been in meeting the 10 ways you intended to meet/ affect.
 - It may even uncover some effects that you have not intended. From respondents answers you may find that your intervention/activity has made a positive impact on some unintended aspects of wellbeing.
 - If you can do a more detailed analysis of the evaluation you will be able to look at the answers against area, gender, ethnicity, age and disability groups, to see what impact your intervention /activity had on these groups. This may help you in further developing and improving your intervention/activity.

**For more information about using the 10 ways to Feeling Good and Doing Well
please go to www.coventry.gov.uk/wellbeing**



10 ways to Feeling Good and Doing Well

Evaluation

Please write down the name of the event, meeting, course or other activity which you have attended

Event
Meeting

Course
Other

Has attending helped you to:	Please indicate how much you were helped:				
	Not at all				A lot
1. Meet new people					
2. Meet up with people you know					
3. Be physically active					
4. Take time out e.g. to stop, think and focus on the here and now					
5. Be aware of your green surroundings e.g. trees, grass, flowers, nature etc					
6. Learn new things					
7. Try new things					
8. Give your time to support others					
9. Take steps to get into employment					
10. Feel safer where you live					
11. Feel better about where you live					
12. Take steps to improve your physical health					
13. Eat more healthily					
14. Drink more sensibly					
15. Sleep well					

Thank you for answering our questions. Please add any comments here _____

Please could you tell us a about yourself on the other side (optional)

Equality Monitoring Form

The questions on this form are optional, but it will help NHS Coventry and Coventry City Council work towards equal opportunities in employment and service delivery.

This equality monitoring is carried out by NHS Coventry and Coventry City Council in line with the Data Protection Act 1998. The data controller is NHS Coventry and Coventry City Council. The information collected in this form will be used by the Wellbeing team for the purposes of monitoring equality of access to services to ensure that we are treating people fairly. The information you give will be anonymous and used for research, analysis and statistics. All information supplied will be held securely and treated in confidence.

In order to ensure we are gaining responses from across the city can you please enter your postcode?
CV

Gender: Male ☐ Female ☐

What is your age?

Under 16	<input type="checkbox"/>	45 to 54	<input type="checkbox"/>
16 to 24	<input type="checkbox"/>	55 to 64	<input type="checkbox"/>
25 to 34	<input type="checkbox"/>	65 to 74	<input type="checkbox"/>
35 to 44	<input type="checkbox"/>	75 to 84	<input type="checkbox"/>
		85+	<input type="checkbox"/>

What is your ethnic background? (Choose one box that best describes your ethnic group or background)

White	<input type="checkbox"/> English/Welsh/Scottish/Northern Irish/British <input type="checkbox"/> Irish <input type="checkbox"/> Gypsy and Irish Traveller Any other white background <input type="text"/>
Mixed/ multiple ethnic groups	<input type="checkbox"/> White and Black Caribbean <input type="checkbox"/> White and Black African <input type="checkbox"/> White and Asian Any other mixed/multiple ethnic background <input type="text"/>
Asian/Asian British	<input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Chinese Any other Asian background <input type="text"/>
Black/African/ Caribbean/ Black British	<input type="checkbox"/> African <input type="checkbox"/> Caribbean Any other Black/African/Caribbean background <input type="text"/>
Other ethnic group	<input type="checkbox"/> Arab Any other ethnic group <input type="text"/>

Do you consider yourself to be a disabled person?

Yes ☐

No ☐

Thank you!