



Take 5 steps to wellbeing Evaluation



Connect



Keep learning



Be active



Take notice



Give

Evaluation

When planning any activity it is beneficial to know whether it has achieved what you intended.

There will be activities that are designed primarily about Take 5 like an awareness event. However there will be many activities that were not designed with Take 5 in mind, but where it is a secondary outcome. For example, a project may be planned in order to respond to a specific issue in an area, like a community clean-up because of a litter problem; however, this would also support **Connect, Be active, Take notice and Give.**

You probably already have methods to evaluate work that you do, and we are suggesting you think about how you can include Take 5 within that process.

If you think about this at the planning stage you could develop specific Take 5 related outcomes and include ways to assess these in your evaluation process. You may include general questions about the Take 5 messages like the example below.

Tell us how today's activity contributed to any of the Take 5 steps to wellbeing



Connect



Keep learning



Be active



Take notice



Give

Other tips for evaluation

Including some demographic information, e.g. gender, age, ethnicity or postcode, will allow you to consider whether there are particular factors about the participants that are relevant to the data results.

Consider using methods that will give you both **quantitative** and **qualitative** information. Quantitative tools like yes/no questions or scales allow you to measure numbers and frequency. Qualitative methods such as open questions in questionnaires, focus groups, consultation events or interviews, focus on meaning and experience.

If you can gather information at more than one stage e.g. before and after a programme or at intervals such as an annual survey, you will be able to identify impact. You will find sample evaluation forms on [pages 52 and 54](#).

Take 5 activity evaluation form



Name:

Date:

Thank you for participating in this activity and we hope you found it useful. We would welcome your feedback and we would ask that you take a few minutes to complete this form and leave it with us. Thank you.

1. How would you rate your understanding of the Take 5 messages BEFORE and AFTER the activity?

1 is a low level and 5 is a high level of understanding *(please circle)*

Before

Connect 1 2 3 4 5

Keep learning 1 2 3 4 5

Be active 1 2 3 4 5

Take notice 1 2 3 4 5

Give 1 2 3 4 5

After

Connect 1 2 3 4 5

Keep learning 1 2 3 4 5

Be active 1 2 3 4 5

Take notice 1 2 3 4 5

Give 1 2 3 4 5



2. During the activity did you connect with others? *(please circle)*

Please Comment:

Yes

No



3. Did you learn anything new? *(please circle)*

Please Comment:

Yes

No



4. During the activity were you more physically active? *(please circle)*

Please Comment:

Yes

No



5. Has the activity raised your awareness of your needs and others around you? *(please circle)*

Please Comment:

Yes

No



6. As a result of this activity are you more likely to give your time to others? *(please circle)*

Please Comment:

Yes

No

7. As a result of the activity how likely are you to use the Take 5 messages in your everyday life?

1 is a low level and 5 is a high level of likelihood *(please circle)*

1 2 3 4 5

Please Comment:

8. Please tell us what was most useful to you

9. Please tell us what was least useful to you

10. Please tell us any suggestions you have that would improve the experience

11. Have you any other comments?

Thank you for taking the time to complete this evaluation.





Take 5 shortened evaluation form

Name of Event:





Date:

Please take some time to complete this questionnaire to help us improve our services





How did you enjoy today's activity/event?

1st Class  Good  Alright  Poor 





During the activity/event did you connect well with others?

1st Class  Good  Alright  Poor 





During the activity/event did you meet new people?

1st Class  Good  Alright  Poor 

Has the activity/event raised awareness of your own needs or others around you?

Very well  Quite well  Fairly well  Not well at all 

During the activity/event did you take part in any physical activity, if yes was it?

1st Class  Good  Alright  Poor 

6) Would you normally take part in physical activity?

Yes No

7) Did you learn anything new today?

Did the event give you a better understanding of the Take 5 steps to wellbeing messages?

Very well Quite well Fairly well Not well at all

Which of the Take 5 steps did you least understand, if any?

Connect Give Be active Take notice Keep learning Understood them all

As a result of today's event will you use the Take 5 messages in your everyday life?

Yes No Not sure

Is there anything you would like to say about today's activity/event or how it made you feel?