

Green Health Packs and Events Independent Evaluation Report

for High Life Highland

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HILLIAM RESEARCH AND ANALYSIS

January 2021

Executive Summary: Key Findings

- The packs and events were viewed by both organisers and recipients as being highly effective in engaging people with nature and realising health benefits. These were described as fun, engaging with nature, social, and empowering and realised a range of key health impacts for participants.
- Key factors in this success were: organisers seeking to understand the needs of their audiences; tailoring the packs and events to meet local needs and focusing on providing their recipients with skills, confidence, tools and knowledge to overcome barriers to accessing local nature
- Green Health as a brand has been a success and is supported and understood by both organisers and participants.
- Community capacity and collaboration has been clearly enhanced by the project. Organisers have been left better placed to deliver similar and wider activities. They now have a better understanding their audience; increased skills in organising and delivering projects; greater links with other groups; new resources, and; an increased local profile

Executive Summary: Recommendations

- High Life Highland should:
 - Explore the feasibility of repeating similar activity in the future to further support green health activities within (and potentially across) these communities
 - Consider how to build on this activity and support organising groups to undertake further engagement to overcome barriers and promote activity for all (including in particular broadening inclusion beyond groups' immediate contacts)
 - Ensure that any similar future funds and activities foster collaboration, learning and understanding of the target audiences
 - Explore how to better use communications, social media and networking beyond the individual groups' localities to promote green health activities.

Background

- The Green Health Events and Packs project forms part of the Think Health Think Nature work programme of the Highland Green Health Partnership and were delivered throughout 2020.
- The project originally focused on a series of events that sought to demonstrate and deliver health and wellbeing benefits through the use of the outdoors. In early 2020, the Covid-19 lockdown necessitated an adaptation which resulted in the development of 'Home Packs' that were distributed to supplement events (which were held later in 2020).
- These packs included a range of resources, information, advice sheets and items such as seeds, plant pots and magnifying glasses to encourage individuals and families to engage with nature both outside and inside the home
- The packs and events were managed across nine Community Planning Partnerships (CPP) in Highland by a range of local organisations (such as local community groups, schools, food banks, dementia groups and health professionals etc.). These organisations designed and led on the local delivery to ensure that they reached those in their communities that they felt faced the greatest health inequalities.

Key Evaluation Questions

- This evaluation has sought to explore the following key questions
 - Did activity target the intended audiences (those living with the greatest health inequalities)?
 - Did the activity improve or contribute to the improvement of participant's health and well-being?
 - Did the activity increase public awareness of the concept of green health and in particular the Highland Think Health Think Nature programme?
 - Did the activity increase community resilience and/or build local collaboration?
 - What were the key barriers encountered in delivering the activity and achieving the aims?

Overview of data sources

- Hilliam Research and Analysis was commissioned to conduct this evaluation. It was predominately desk-based and reliant on data sources provided by High Life Highland. These comprised:
 - 2 surveys on the Green Health Home Packs (recipients and organisers)
 - 2 surveys on the Green Health Events (participants and organisers)
 - All surveys were designed and administered by High Life Highland, analysis was undertaken by Hilliam Research and Analysis. Data outputs are attached as an appendix
 - Media reporting on Green Health Home Packs, provided by communications contractor
 - Project Officer Leader Claim reports
 - An online focus group held in January 2021 with 9 representatives of delivery organisations
 - This was moderated by Hilliam Research and Analysis

Overview of Packs and Events Activity

Overview of Packs Distributed

Organising group	Target audience description	Packs (projected)	Packs (issued)
Voluntary Action Badenoch and Strathspey	People who are lonely, isolated or living with a disability	612	612
Caithness Voluntary Group	Vulnerable children, teenagers and elderly people	450	450
Caol and Lochyside, Fort William	Vulnerable Children and Adults	400	400
Upper Achintore, Fort William	Families resident in 3 and 4 storey flats (with no garden)	120	120
Kinlochleven	Early Years nursery and Primary School Children	105	105
North Coast Connections, North Sutherland	Primary School pupils; Vulnerable adults	100	100
North Highland OWL, East Ross	Vulnerable children and young people	432	372
Soirbheas (Strathglass and Glen Urquhart)	Primary schoolchildren; vulnerable adults	275	275
Spean Bridge	School pupils; Senior Citizens	100	100
Strathcarron	All families with school aged children; those over 65 yrs	260	108
Support in Mind, Lochaber	SiMS Service Users	129	129
Thurso Community Development Trust	Vulnerable families, those receiving free school meals	200	200
Viewfield garden Collective Skye	Garden volunteers and Community Calls Participants	65	65

This data in this table (and the table in the next slide) is based on information provided to High Life Highland in applications made by organising groups

Overview of Events Delivered

Organising group	Target audience description	Audience (estim.)	Audience (actual)
Badenoch and Strathspey Community Transport	People who are lonely, isolated or living with a disability	NK	c. 30
Golspie Park Run	Everyone of all abilities	20+	c. 30
HLH and Alness Active Schools	Families considered a risk/more vulnerable	12 families	10 families
Loch Ness Rural Communities	Primary school pupils	100	250
Lochcarron CDC Land	Adults and children	12+10	50
North Coast Connection	Those with mobility problems, socially isolated	45	22
Broadford Outdoor Learning	Families	30 families	75
Caithness Voluntary Group	Children aged between 4-10	45+	NK
Clarity Walks	Charitable mental health service users	72	30
HLH Dingwall Youth Forum	S1 pupils at Dingwall Academy	220	200
Kyleakin Connections	Service users, carers/guardians, primary school pupils	88	c. 60
Nature 4 Health	Local families and children, local clubs and associations	300	186
Roots and Shoots	Primary school children and S1 pupils	14	13
Support in Mind	Adults affected by a healthcare and welfare issues	16+	c. 16
Dunvegan Primary School	Primary school pupils	61 pupils	43
Highlands and Islands Student Association	UHI students	All students	100
HLH Kingussie HS Young Ambassadors	Kingussie HS students	405 pupils	30
Naturedays at Aigas	Home educator families	30 families	30
Staffin Community Trust	Primary School Pupils	26 pupils	20
Tain Tennis Club	School children, women	Up to 70	130
HLH Ullapool Feel Good festival walks	School pupils, community, visitors	Approx. 3000	100
HLH Ullapool Winter Welcome Packs	School pupils, care homes, other	Up to 700	450

Survey Responses

Location	Packs - Organisers	Events - Organisers	Packs - Recipients	%	Events - Recipients	%
Badenoch & Strathspey	3	4	36	30%	13	21%
Caithness	1		24	20%		
Skye, Lochalsh and Wester Ross	1	5	26	21%	9	15%
Sutherland	1	1	4	3%	3	5%
Lochaber	4		20	16%		
East Ross	1	2	4	3%	13	21%
Inverness		6	6	5%	22	36%
Mid Ross		1	2	2%	1	2%
TOTAL	11	19	122	100%	61	100%

Due to variations in response rates across organisations, packs and events, survey responses do not fully represent all activities and there is significant local bias in the recipient surveys. The analysis in this report cannot therefore be fully representative. However, as all activities contribute to same aims, these are analysed collectively throughout this report

Reaching the intended audiences

Summary of Reach of Packs and Events

- As detailed in the previous slides, the project comprised 14 organisations distributing packs and 22 organisations delivering events to diverse audiences across the Highland area
- Based on survey feedback, the recipients were skewed towards women and children
 - Pack recipients: 63% female; 43% were 18 or under (with only 16% adult males)
 - Event participants: 73% female; one third were 18 or under
- It is important to note that all ***organisers selected their own audiences*** – generating a diverse target audience.
 - That said, many groups' audiences were based on existing service users and groups that they were networked with, which may have restricted the reach of the project. A majority of organisations focused on school children and families, including those in receipt of free school meals. However, some groups also focused on mental health and other support service users, students, older people, isolated and shielding people and people with a disability.
- Although this shows strong evidence of groups working to access those in their communities that are in need, it is not possible to assess the extent to which these were those facing the greatest health inequalities. As a result, there may have been people in these communities that faced significant inequalities that were not engaged by the project.

Benefits of Understanding Audiences

- By explicitly requesting that the packs go to people facing health inequalities, the project forced organisations to undertake local research and engage directly with their communities to:
 - Understand who could be most in need of these packs and events
 - Explore details of any specific needs
 - Tailor the packs and events to more effectively meet these needs
 - Set up routes for local dissemination and promotion
- This was viewed as very positive by organisers. Key comments from the focus group in relation to this included:
 - “[they were] *the most effective packs that anyone in the area had been given*” [feedback on a pack tailored for visually impaired users]
 - “*we had to get in touch with other groups as we had a fear that we weren’t going to be able to get all the packs out!*”
 - “*it was useful to utilise the local agencies that had all the information on who was in need – this generated on-going links with agencies*”
 - “*Without XXXX we could not have delivered a large proportion of the packs. They had found the target group and delivered to them.*”

Improving or Contributing to Health and Well-being: Impact of Packs

Surveys Highlighted that Packs Had a Very Positive Impact

- All organisations indicated that the packs had a positive (5 respondents) or very positive (7 respondents) impact on the general health and well-being of those who received them
- The vast majority of recipients of the packs indicated they had a positive impact on their mental and physical health (see table)
- 88% of pack recipients indicated that they would be likely to continue to use the bird seed activity, 87% the seed planting activity and 54% the nature card activities
- 82% gave a score of 8/10 or higher in relation to being likely to recommend the packs to friends or family

Impact of Packs (recipients)

	Positive Impact	Neutral Impact	Negative Impact	Did Not Use
<i>Bird Seed Activity</i>				
Physical Health	88%	12%	0%	1%
Mental Health	84%	15%	0%	1%
<i>Seed Planting Activity</i>				
Physical Health	89%	11%	1%	0%
Mental Health	87%	12%	1%	0%
<i>Nature Card Activities</i>				
Physical Health	76%	19%	0%	5%
Mental Health	72%	23%	0%	5%

Quotes from Pack Recipients (from the survey)

- Many people offered supportive comments and thanks in their survey response. In particular there were many positive comments in relation to using the packs with children and on general mental health:

The pack was such a brilliant idea. My 4 year old daughter loved it. We have since started feeding the birds regularly and she is really enjoying it.

Brought nature to the forefront of day to day life.

We loved the pack, [it] gave us some new activities to do ... our 5 year old has now taken up a great interest in growing food for the kitchen

We planted the seeds and we're going out for a walk now it is sunny again, to see if we can identify the trees ...and the birds.. [it has] helped keep me sane

Really enjoyed doing these activities with the grandchildren

Feedback from Pack Organisers (from survey and focus group)

All of the recipients that we have heard from have been very touched and inspired by the packs... This project has provided us with the opportunity to give gifts to some vulnerable and isolated people

[There is] general chat in the village about how the children in particular have enjoyed the planting and growing.

[The packs] offered the children/local families some well needed structure and learning as we all try to adapt [to the lockdown]

The parents of one were so impressed at the thought which went into preparing the pack and how effective it was for their son who is a 6 year old blind boy. He immediately started asking his dad to get him a trowel so he could plant his seeds and then water them. Then he bent over to smell the pot and touch the fresh mint.

They made recipients [with special needs] feel respected and valued – as the content was tailored to them.

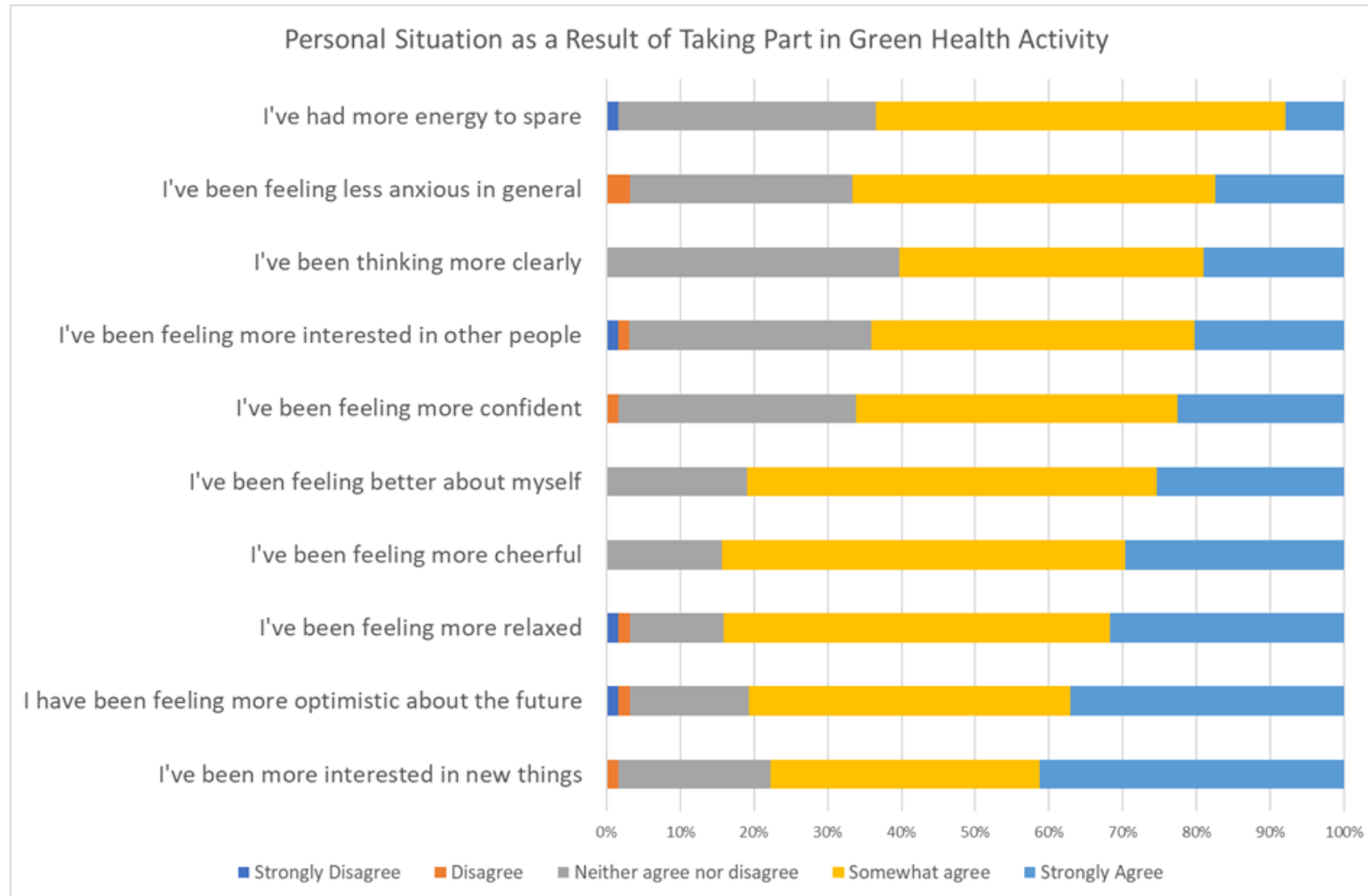
We tailored the content to the local area – we realised how much beauty there was around us!

Improving or Contributing to Health and Well-being: Impact of Events

Surveys also highlighted the positive impact of Events

- All organisations indicated that the impact of the event on the general health and well-being of those who received them was positive (17/19 indicated 'very positive')
- The activity was new to 80% of the participants, thereby providing new experiences and skills for participants to enable them to access nature
- Over 85% (55/64 respondents) indicated that the green health activity motivated them to take more outside exercise every week.
- 95% (58/61 respondents) gave a score of 8/10 or higher in relation to being likely to repeat or recommend the events to others

Benefits of taking part (participant survey)



Multiple benefits were reported as a result of taking part, in particular in relation to:
Feeling more cheerful; relaxed; optimistic; better about self, and; interested in new things (approx. 80% agree)

Key Impacts from Events: Participants

- Survey participants were asked to describe the best feeling or memory from taking part in the activities. These were typically extremely positive. Key themes included:
 - Having fun and positive social interactions with family and friends
 - Exploring, being outside, or ‘being immersed’ in nature
 - (Seeing) the sense of achievement in completing tasks
 - Spending time away from technology

Key Impacts from Events: Organisers

- There was similar positive feedback identified through organiser surveys who highlighted, in particular
 - New or improved social relationships (incl. with family and friends)
 - Participants indicating that they would repeat the experiences/ skills used in the event
 - Mental (and physical) health benefits
 - Motivation to exercise or to go outdoors
 - Experiencing new situations or new positive learning experiences
- Key comments from the organiser focus group highlighted this positive impact on engaging with nature
 - “[the events] *empowered people to get involved in nature*”
 - “..*provided a huge amount of appreciation of local green space... and more confidence to use it*”

Feedback from Event Participants Highlighting Impact

The event [made my child] feel empowered, connected with her environment and responded to. This really inspired her to get more involved in the group activities and to continue to develop the skills and interests she was introduced to...this made us feel more connected and makes you want to do more.

Running around with my friends getting all the walks done on time even in the rain, but it was fun because we had a little dance :)

*Meeting new friends, learning skills, abilities and learning from great professional coach!!
Energetic!! Busy!! Fun!!*

The warmth of the sun. The conversations deriving from the quiz.

Increasing Public Awareness of the Concept of 'Green Health'

Green Health (and its Benefits) is now Better Understood

- Organisers were typically very positive about the impact of the packs and events on raising awareness of the concept of 'green health'. Key elements of this were:
 - The events and packs helped to explain that 'green health' was '*just getting outside*', and that there were real benefits of doing this (especially in during lockdown) in terms of mental and physical health
 - The concept helped to break down barriers and grow participation in outdoor activity
 - It provided a greater appreciation of what people have around them: "*it has opened their eyes... and given us and recipients a huge appreciation of what is meant by greenspace*"
- It is a concept that organisers typically felt that they would promote and use again, and they felt that recipients and participants now understood the concept more widely

A Desire to Continue to Support and Use the 'Brand' Green Health and/or Think Health Think Nature

- There was clear support amongst organisers in the focus group to continue to develop and use the brand for further activities.
- It was felt that the 'Green Health' and 'Think Health Think Nature' brands:
 - Were widely trusted and easily understood
 - '*Took the pressure off smaller groups*' when developing activities, as they were seen to be delivering activities that were part of a wider, established and trusted initiative
 - Broke down the barriers that people perceive to accessing nature
- It is important to note that wider support was provided by a communications agency to promote activities throughout the project (via social media, website etc). Key 'spikes' in social media use were identified. However, based on interviews with the agency, the highly localised and independent nature of delivery meant that this was challenging to co-ordinate and had limited impact in terms of social media traffic etc.

Increasing Community Resilience and Local Collaboration

Building Local Collaboration and Capacity

- All bar one of the 11 organisations that took part in the survey had collaborated with local organisations to deliver the packs, with 9 organisations collaborating with 4 or more local groups.
- Five groups that delivered the packs felt that collaboration on this project had *considerably increased* their community capacity to get things done (a further five indicated that it had increased their capacity). This was described as being due to:
 - better communications and closer links
 - increased contacts and information sharing
 - raising their profile and credibility
 - accessing wider expertise and resources
- As described by one survey participant *“The willingness of [X] & other third sector charities to work with us was very encouraging for future collaboration”*

Key Examples of Increased Capacity (from surveys)

- Respondents across all surveys highlighted how the projects had increased local capacity.
- Organisers highlighted that the project had:
 - Provided a platform for future projects; developing new activities and ideas and building confidence and capacity to run more events – including having resources that can be used in the future (packs and events)
 - Established joint working and / or delivering a better understanding of other groups in the area, other relevant organisations and of the participants
 - Enhanced groups' understanding of the potential market for such services and reasons for take up and generating ideas for promotion marketing and awareness raising
- Participants and organisers highlighted increased knowledge of local areas and facilities, and developing participant networks
 - Over 80% (53 respondents) indicated that the Green Health event gave them new opportunities to socialise and meet people

Building Links Within Communities

- Focus group participants made numerous positive comments about the impact the projects made local communities:

[The packs] gave a sense of community when the community could not be together

The families involved have had the opportunity to network, and have met up outside of these events after being introduced here.

Through collaborative conversations with partners, we have a more defined presence to reach out to families that would benefit from time together in a green space. Connectivity has improved.

Families who attended activities here have arranged to meet in their own time, meaning that connections and new friendships will be sustained

Barriers to Accessing Green Health

Key Barrier: Covid Pandemic and Lockdown

- Over all other barriers and issues, the Covid lockdown was the most significant
 - Events could not be held and engagement with audiences was more difficult
 - Communities were afraid of engagement in events (even after lockdown lessened) due to risk of community transmission
- However, lockdown also provided one of the key levers for the project's success: It forced the development of packs (in addition to activities) and organisers sought to understand exactly what their communities needs were. This resulted in:
 - The packs (and events) providing something that members of the community could 'do together' whilst remaining socially distant
 - Content being tailored for their particular locality and for the needs of their target audience
 - A resource that remained after the project that can continue to be used

Other Barriers

- Organisers identified the following wider barriers accessing 'Green Health' for participants on the basis of the experience delivering events (many of which were addressed by events)
 - confidence/ anxiety around outdoor activities and lack of bushcraft or general outdoor skills
 - travel and transport to outdoor spaces and/ or a lack of safe local outdoor spaces
 - perceptions that outdoors is not enjoyable
 - lure of in-home technology
 - costs of some activity
 - company or lack of
 - availability of correct clothing or equipment
 - adverse weather and lack of light due to long nights in winter
- Respondents to the events survey were asked to describe the key barriers that prevented them from being outdoors as much as they would like. These were broadly around the following themes:
 - work/ other commitments
 - weather/ daylight (in winter)
 - availability of outside space / activities/ transport to access
 - Health and wellbeing issues

Conclusions and Recommendations

Key Findings (1)

- The packs and events were viewed by both organisers and recipients as being highly effective in engaging people with nature and realising health benefits.
 - Events and packs were described as fun, engaging with nature, social, and empowering
 - Key health impacts for participants included: Feeling more cheerful, relaxed, optimistic, better about self and, interested in new things
- Key factors in this success were
 - Organisers seeking to understand the needs of their audiences, and
 - Tailoring the packs and events to meet local needs and the needs of key audiences
 - Providing their recipients with skills, confidence, tools and knowledge to overcome barriers to accessing local nature

Key Findings (2)

- Green Health as a brand has been a success and is supported and understood by both organisers and participants. It has:
 - Supported access to green nature for all members of the community
 - Provided groups and individuals with the confidence they are part of something bigger
- Community capacity and collaboration has been clearly enhanced by the project. Organisers have been left better placed to deliver similar and wider activities as a result of:
 - Better understanding their audience
 - Increased skills in organising and delivering projects
 - Greater links with other groups
 - New resources
 - An increased local profile

High Life Highland should:

- Explore the feasibility of repeating similar activity in the future to further support green health activities within (and potentially across) these communities
- Consider how to build on this activity and support organising groups to undertake further engagement to overcome barriers and promote activity for all. This could include
 - Follow-up engagements by organisers and collaborators on green health activity to understand long term impact
 - Focused support or guidance to ensure target audiences beyond organiser groups' current contacts are engaged in future activity
- Ensure that any similar future funds and activities foster collaboration, learning and understanding of the target audiences
- Explore how to better use communications, social media and networking beyond the individual groups' localities to promote green health activities. This could include, for example
 - Case studies and video tutorials for those unable to access events
 - Networking for organisers and wider groups
 - Larger co-ordinated activities or larger scale 'celebration' events (post lockdown)

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Appendix: Full Survey Data

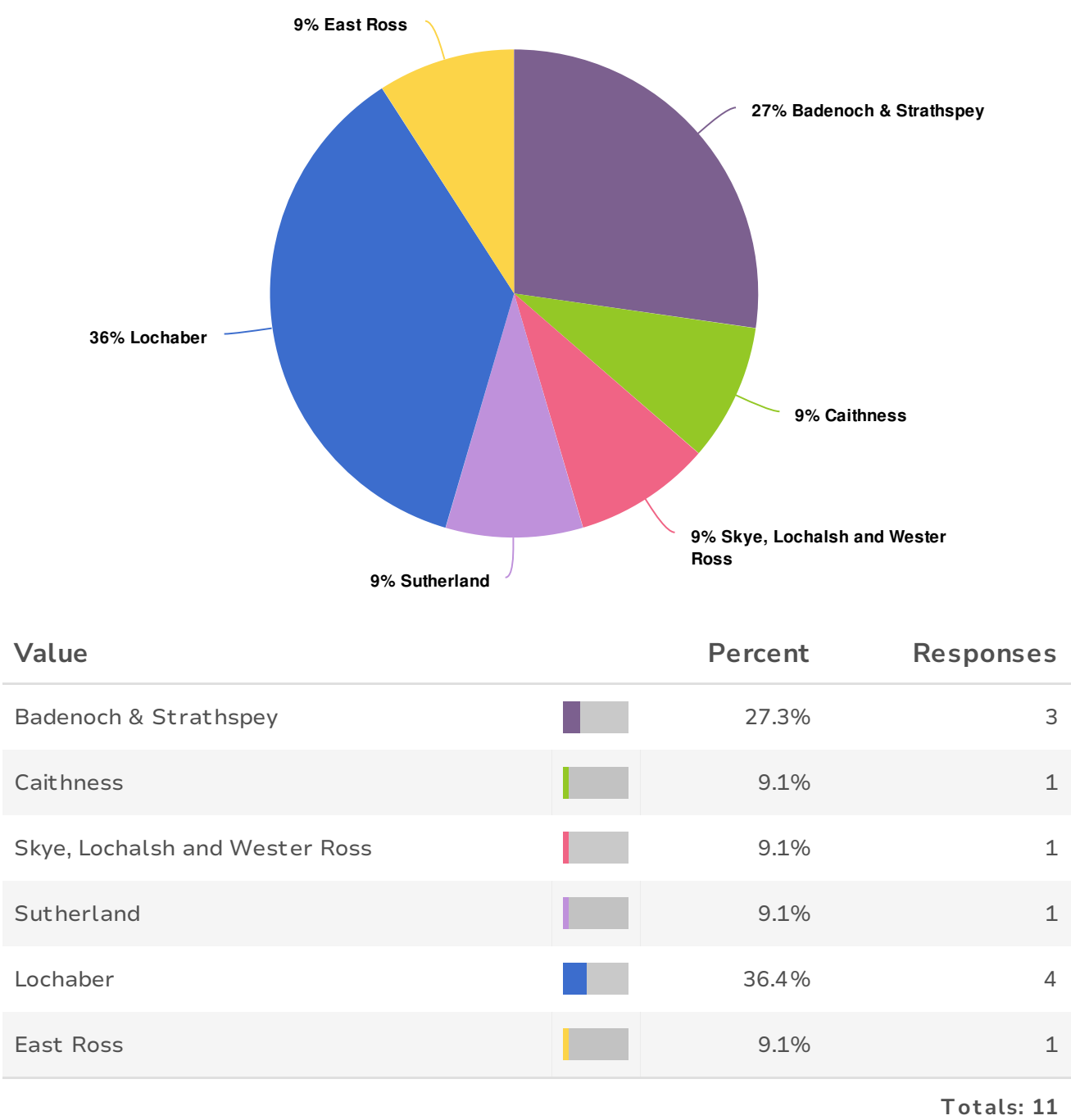
Report for Green Health Home Pack Survey - Collaborating Organisations

Response Counts

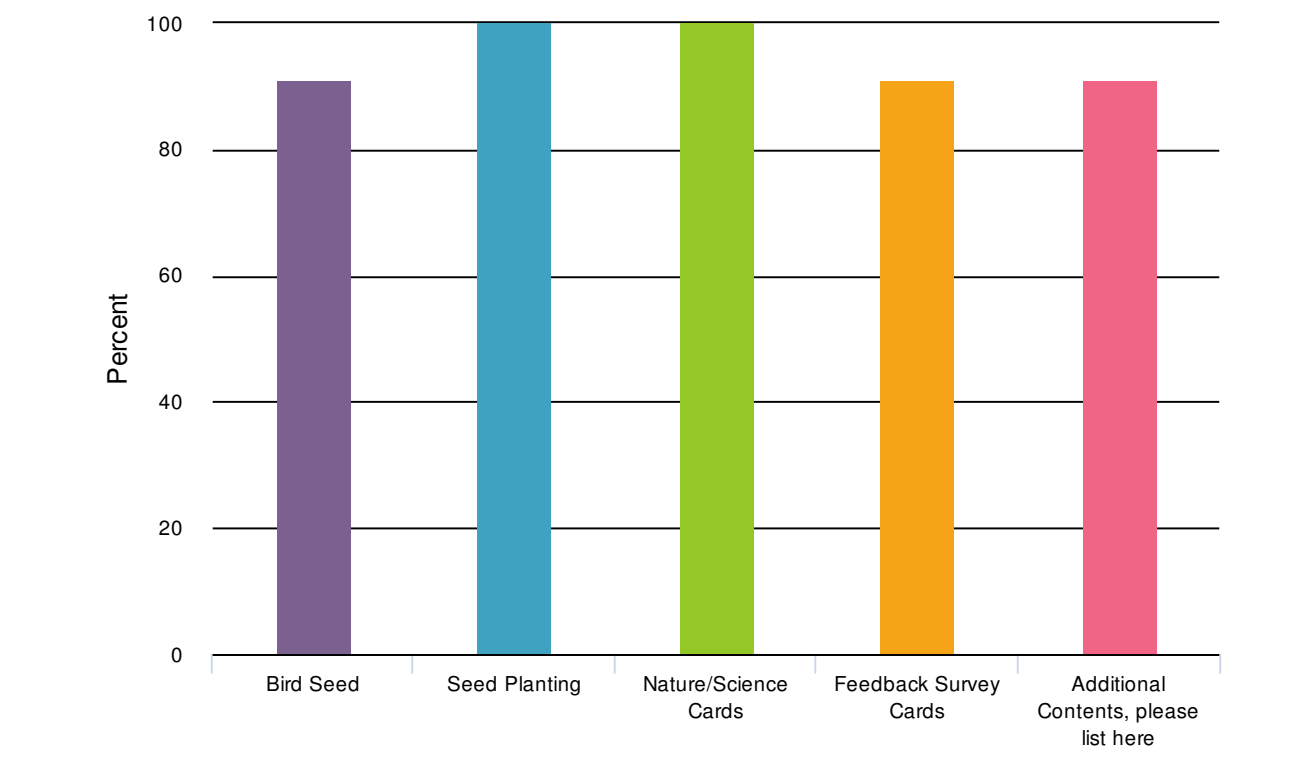
Completion Rate:	100%	<div></div>	
	Complete	<div></div>	11

Totals: 11

1. Which Highland area do you operate in?

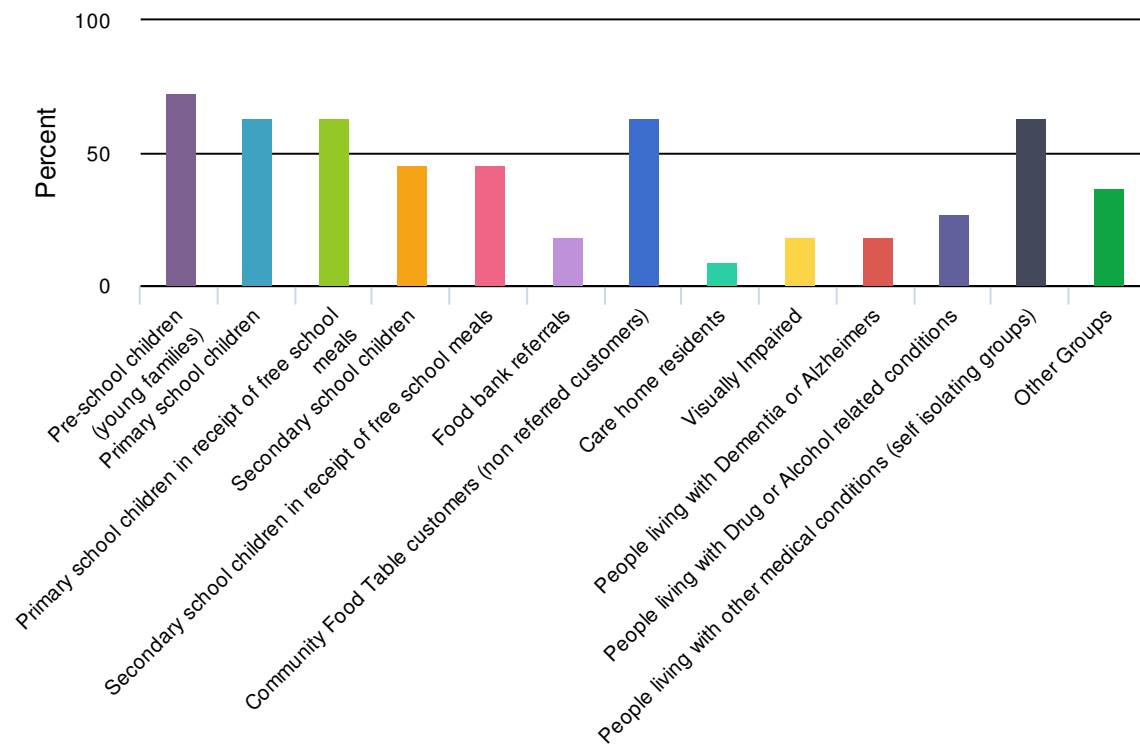















2. Thinking about your Green Health Home Packs. Please list your pack contents. Tick all items that apply.



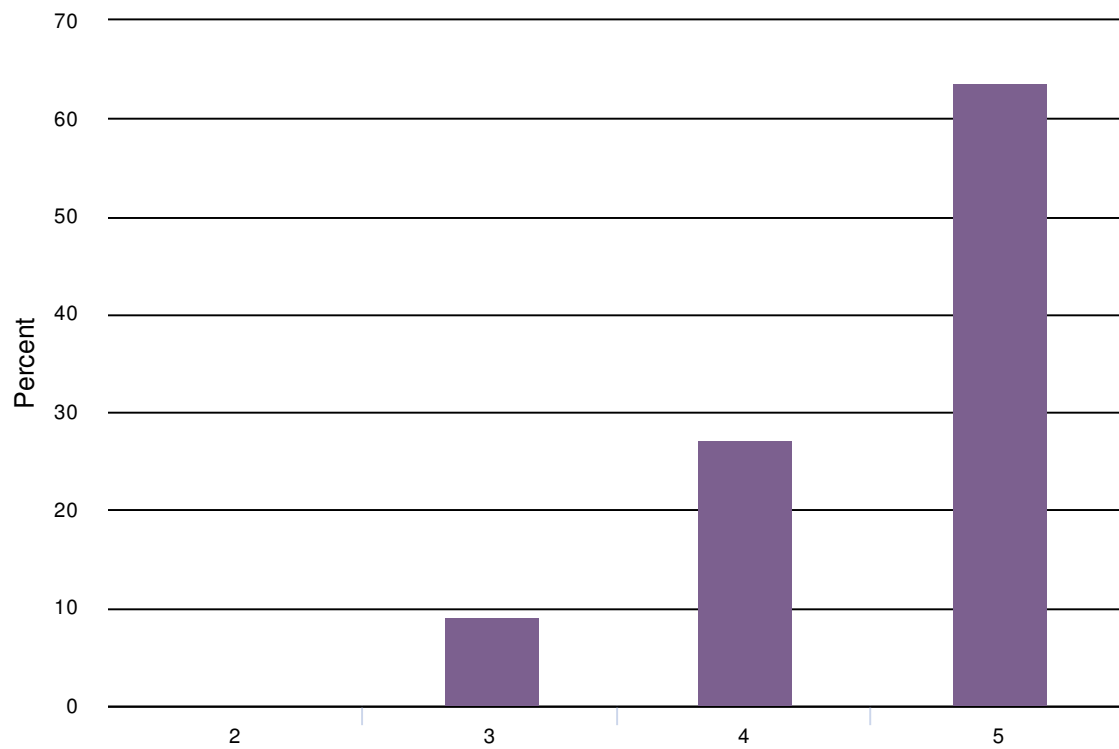
Value		Percent	Responses
Bird Seed	<div><div></div></div>	90.9%	10
Seed Planting	<div><div></div></div>	100.0%	11
Nature/Science Cards	<div><div></div></div>	100.0%	11
Feedback Survey Cards	<div><div></div></div>	90.9%	10
Additional Contents, please list here	<div><div></div></div>	90.9%	10

3. Thinking about the recipients of your GHHP please identify all the audiences you distributed packs to. Tick all audience groups that apply.

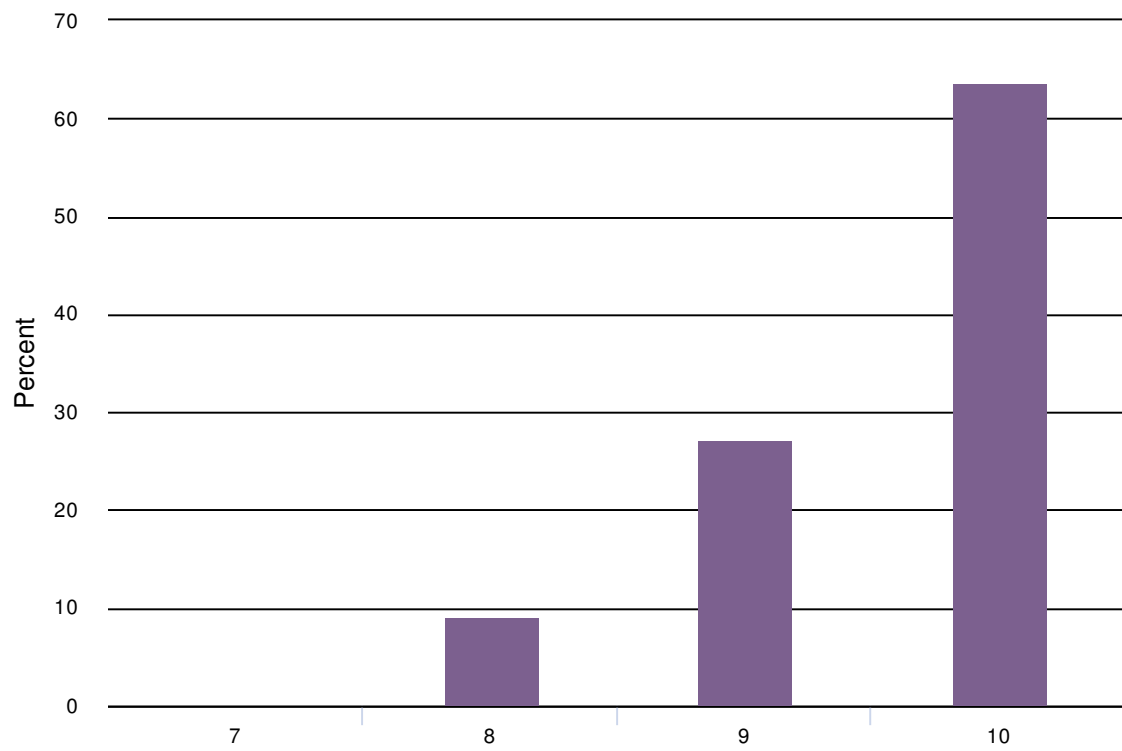


Value		Percent	Responses
Pre-school children (young families)		72.7%	8
Primary school children		63.6%	7
Primary school children in receipt of free school meals		63.6%	7
Secondary school children		45.5%	5
Secondary school children in receipt of free school meals		45.5%	5
Food bank referrals		18.2%	2
Community Food Table customers (non referred customers)		63.6%	7
Care home residents		9.1%	1
Visually Impaired		18.2%	2
People living with Dementia or Alzheimers		18.2%	2
People living with Drug or Alcohol related conditions		27.3%	3
People living with other medical conditions (self isolating groups)		63.6%	7
Other Groups		36.4%	4

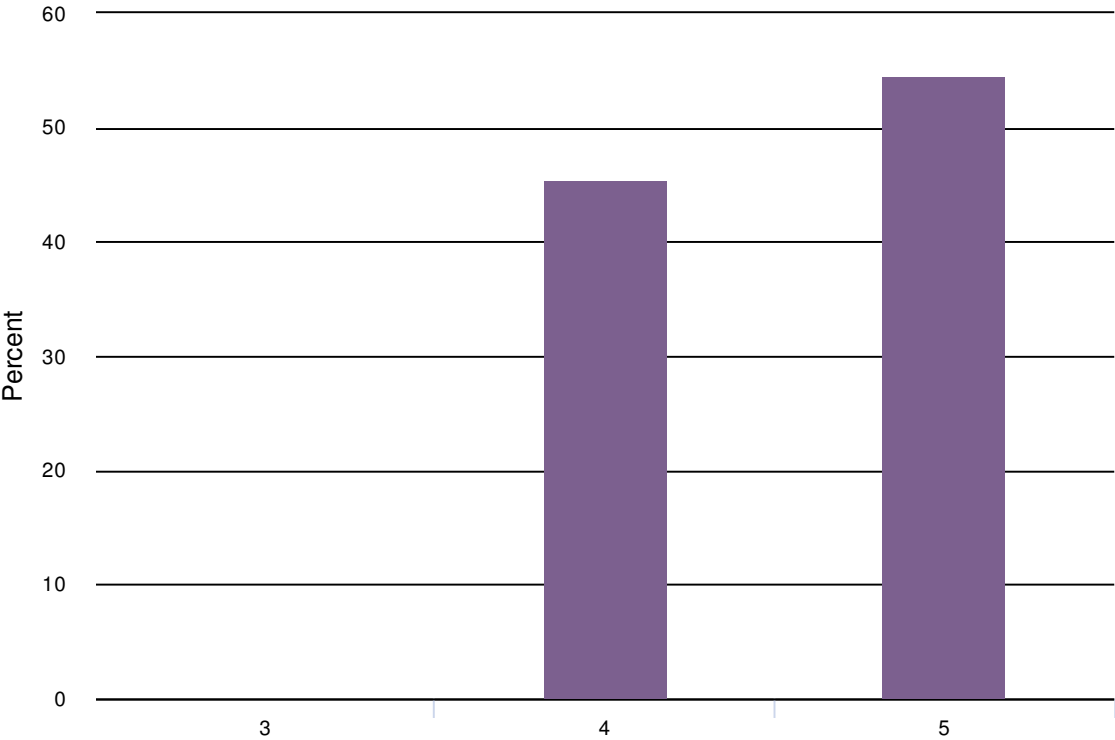
4. Thinking about any feedback you received directly or indirectly from those who got a pack, please rate the overall feedback you received.



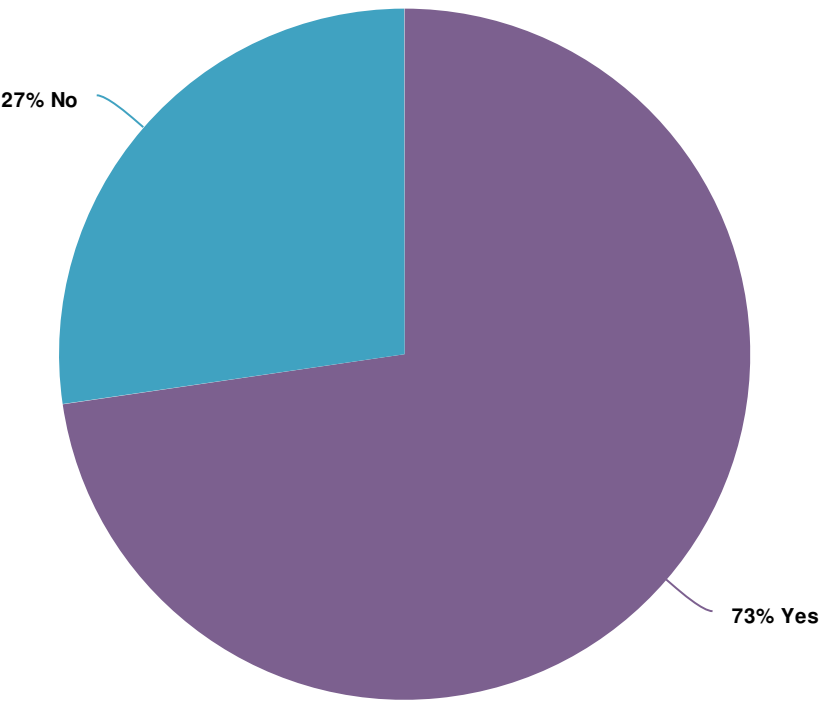
5. On a scale of 1 to 10 (1 being not at all likely and 10 being highly likely), would you repeat or recommend the Green Health Home Pack activity to others?



6. What impact do you believe the GHHP had on the general health and well-being of those who received them?



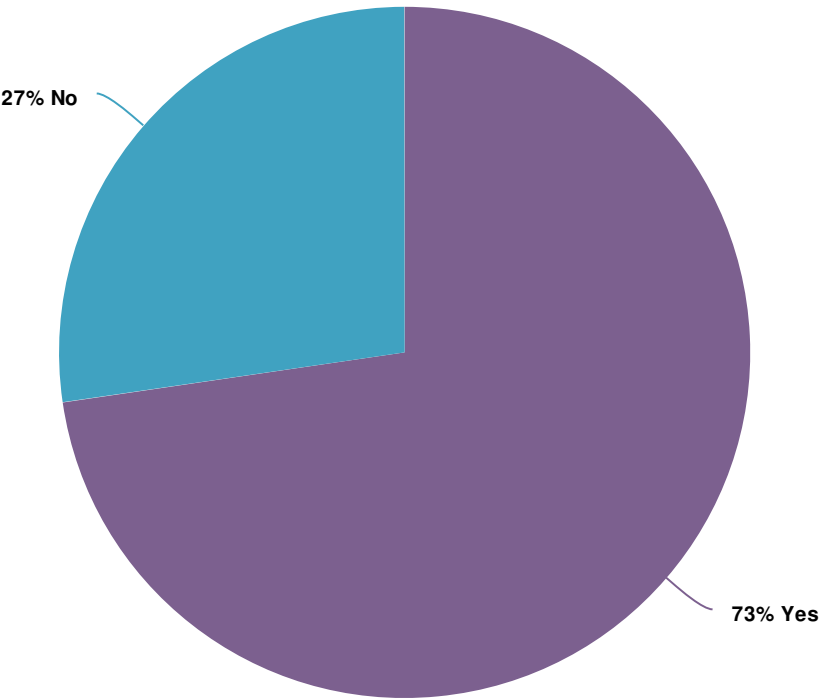
7. Now that your packs have been delivered are you planning any health and well-being follow up contact with the pack recipients?



Value		Percent	Responses
Yes	<div><div></div></div>	72.7%	8
No	<div><div></div></div>	27.3%	3

Totals: 11

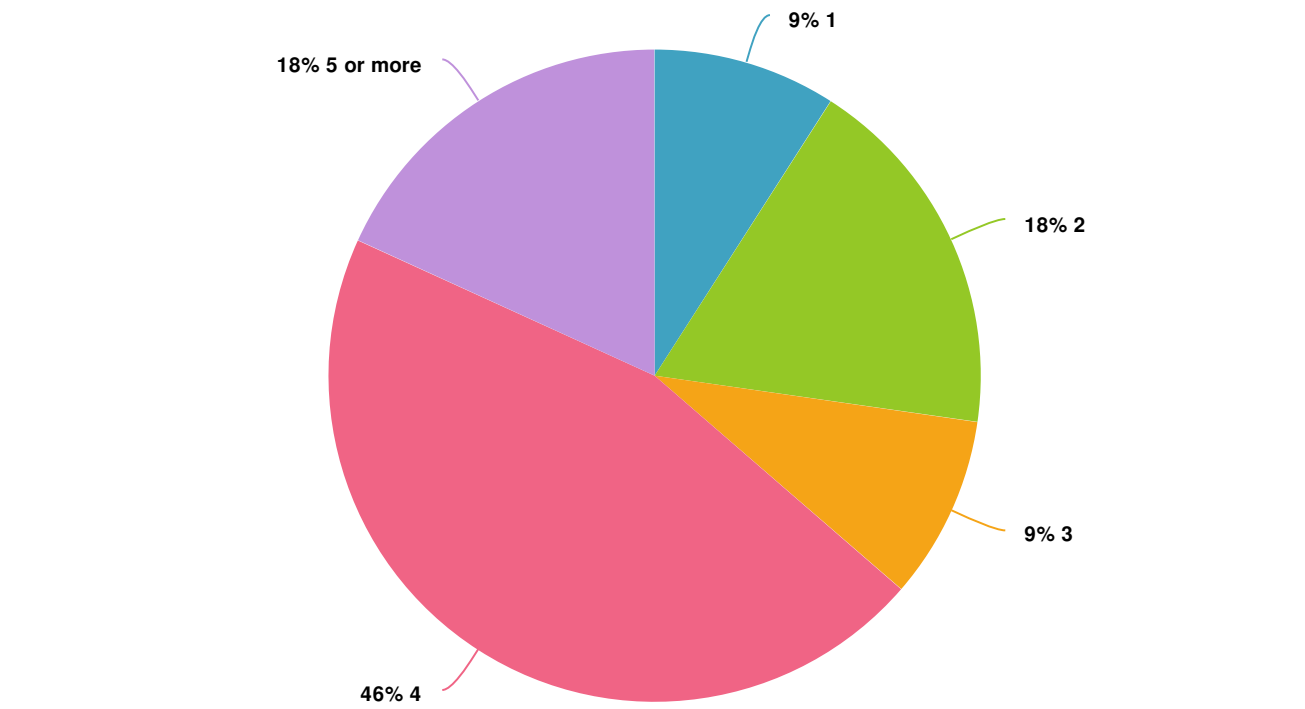
8. Is your local Green Health Home Pack project linked to any future legacy projects you plan to undertake with this audience?



Value		Percent	Responses
Yes	<div><div></div></div>	72.7%	8
No	<div><div></div></div>	27.3%	3

Totals: 11

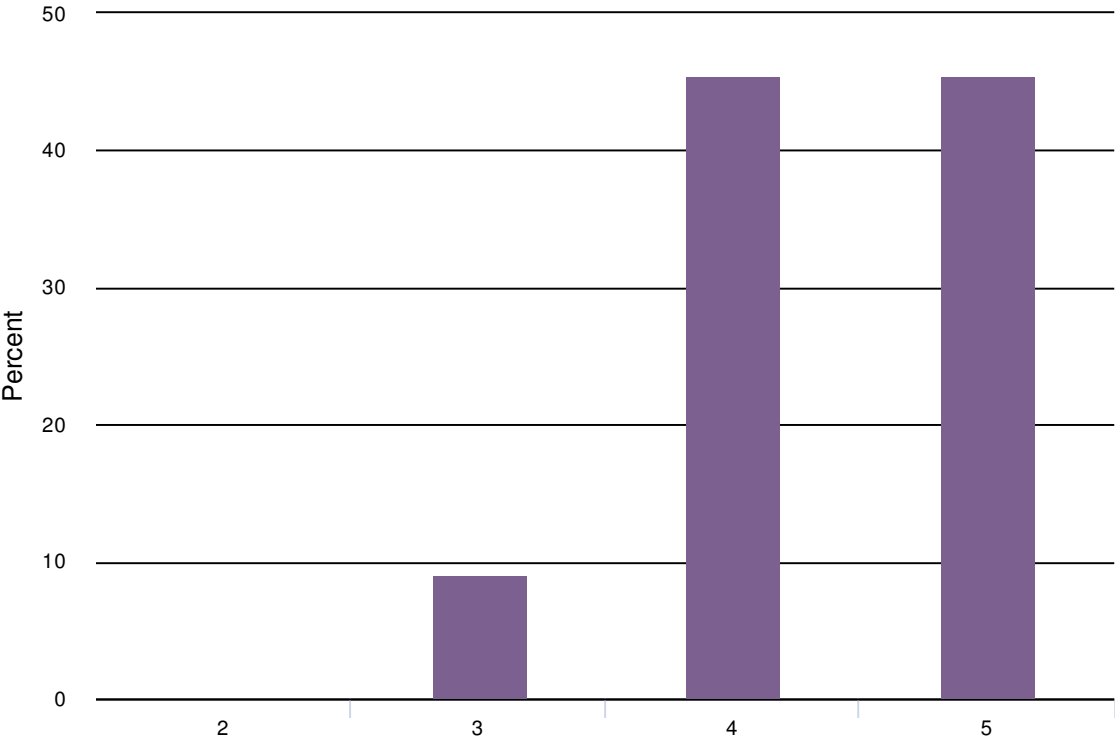
9. How many local organisations did you collaborate with to deliver the GHHP project in your local area?



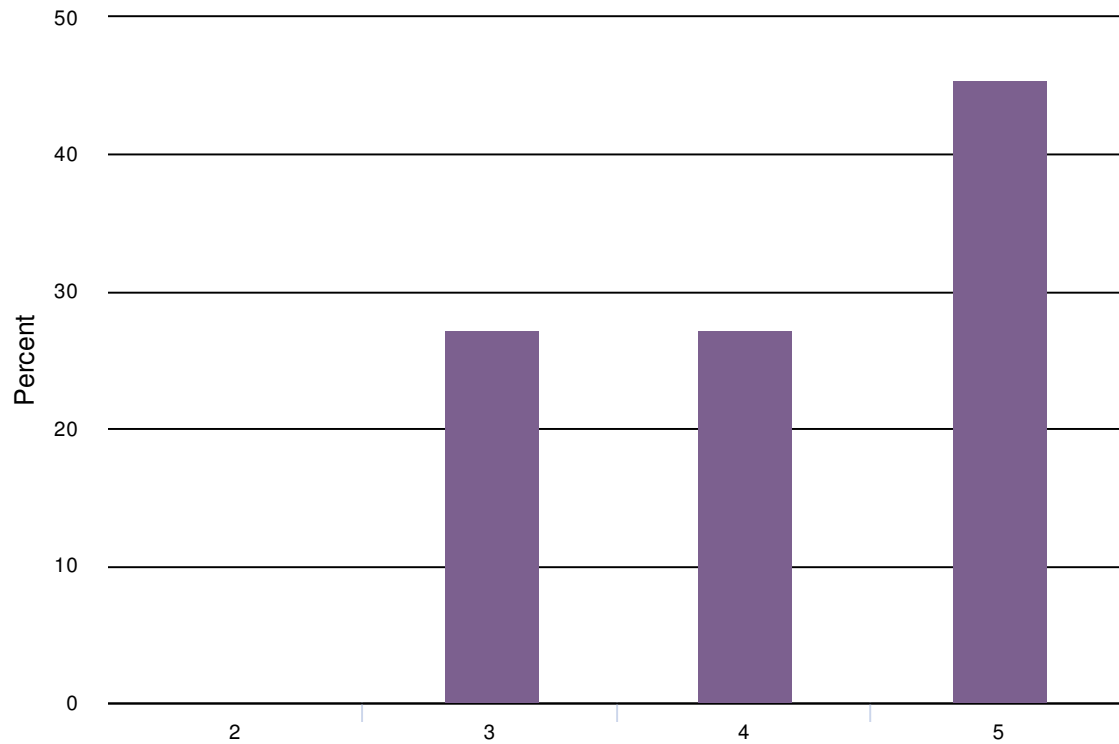
Value		Percent	Responses
1	<div><div></div></div>	9.1%	1
2	<div><div></div></div>	18.2%	2
3	<div><div></div></div>	9.1%	1
4	<div><div></div></div>	45.5%	5
5 or more	<div><div></div></div>	18.2%	2

Totals: 11

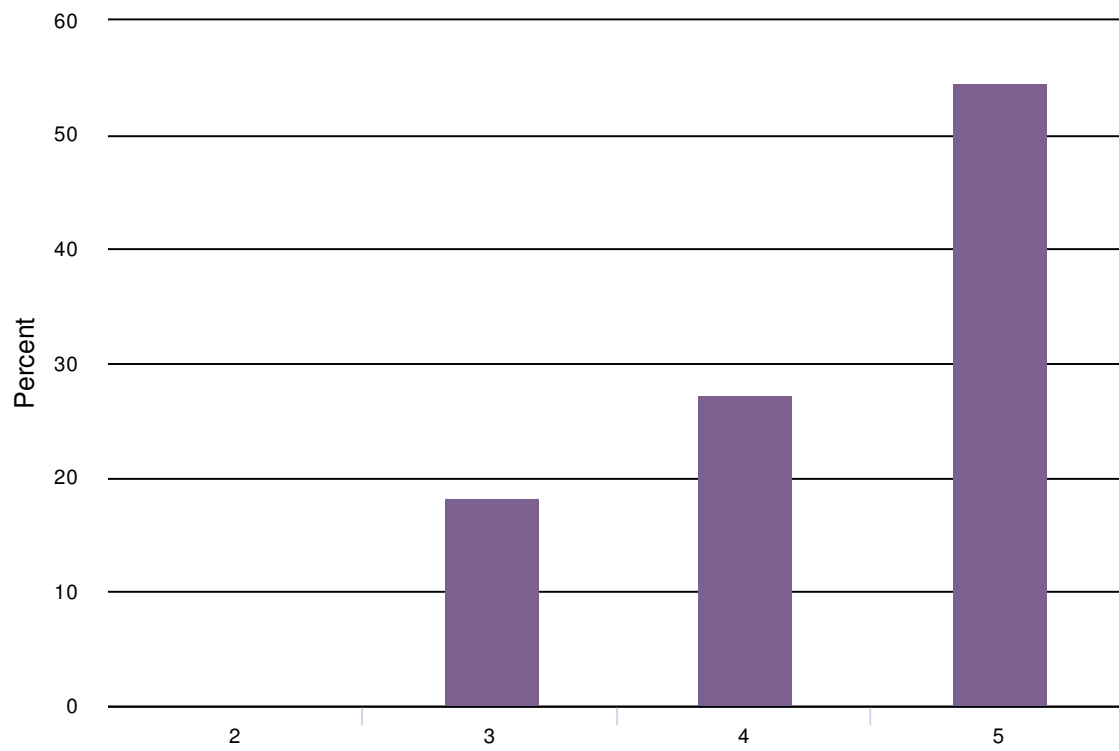
10. Do you believe collaboration on this specific project has reduced or increased your community capacity to get things done?



11. How easy was it to complete and submit the tender process for the Green Health Home Packs?



12. How would you rate the overall project administration process? (communication, paperwork, response times, guidance and support available).



Report for Green Health Home Packs

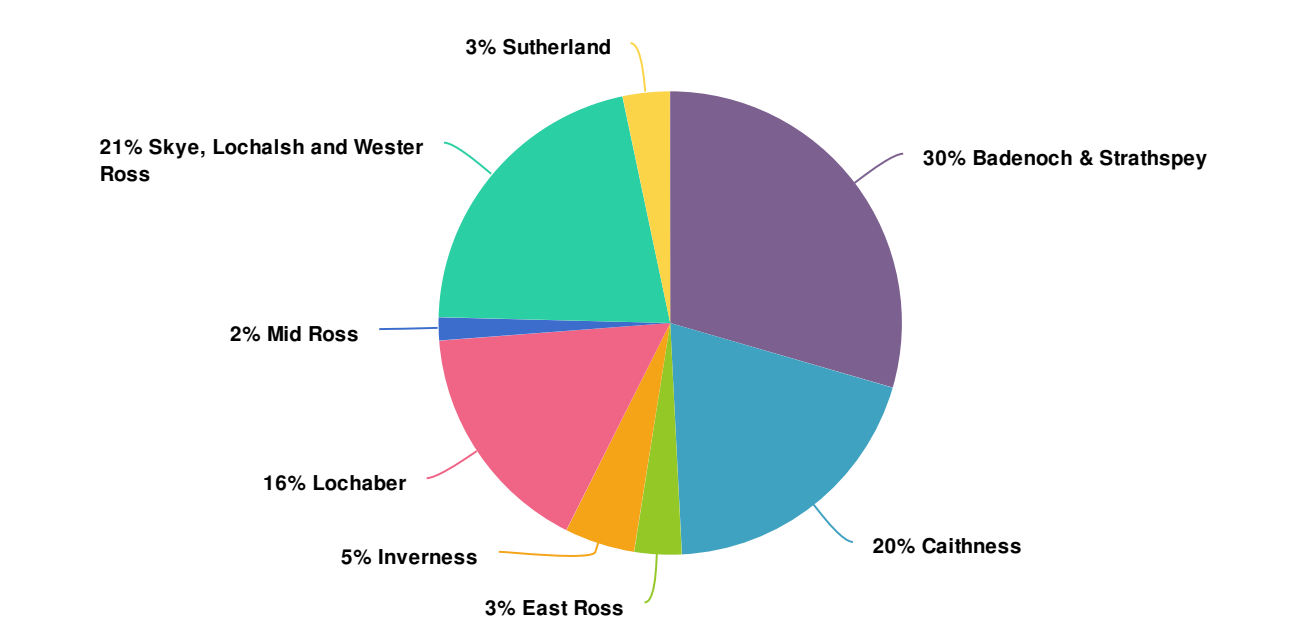
- Recipient Survey

Response Counts

Completion Rate:	100%	<div></div>	
	Complete	<div></div>	122

Totals: 122

1. What Highland area do you live in?



Value		Percent	Responses
Badenoch & Strathspey	<div><div></div></div>	29.5%	36
Caithness	<div><div></div></div>	19.7%	24
East Ross	<div><div></div></div>	3.3%	4
Inverness	<div><div></div></div>	4.9%	6
Lochaber	<div><div></div></div>	16.4%	20
Mid Ross	<div><div></div></div>	1.6%	2
Skye, Lochalsh and Wester Ross	<div><div></div></div>	21.3%	26
Sutherland	<div><div></div></div>	3.3%	4

Totals: 122

2. Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health?

	POSITIVE Impact	NEUTRAL Impact	NEGATIVE Impact	Did not use	Responses
Bird Seed Activity Count Row %	107 87.7%	14 11.5%	0 0.0%	1 0.8%	122
Seed Planting Activity Count Row %	108 88.5%	13 10.7%	1 0.8%	0 0.0%	122
Nature Card Activities Count Row %	93 76.2%	23 18.9%	0 0.0%	6 4.9%	122
Bulbs:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
Frizbee:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
Got out more with the family :Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1

	POSITIVE Impact	NEUTRAL Impact	NEGATIVE Impact	Did not use	Responses
<p>Got out with the children to spot the animals :Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health?</p> <p>Count Row %</p>	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
<p>I liked the bag made from pages:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health?</p> <p>Count Row %</p>	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
<p>Lettuce seeds:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health?</p> <p>Count Row %</p>	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
<p>Magnifying glass:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health?</p> <p>Count Row %</p>	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1

	POSITIVE Impact	NEUTRAL Impact	NEGATIVE Impact	Did not use	Responses
Outdoor animal spot checkers :Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
Photos of flowers:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
Recorded daily rainfall in our area:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
Seeds:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1

	POSITIVE Impact	NEUTRAL Impact	NEGATIVE Impact	Did not use	Responses
The nature cards :Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
bird feeder:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
garden gloves:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
not specified:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your physical health? Count Row %	3 75.0%	0 0.0%	0 0.0%	1 25.0%	4
Totals Total Responses					122

3. Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health?

	POSITIVE Impact	NEUTRAL Impact	NEGATIVE Impact	Did not use	Responses
Bird Seed Activity Count Row %	102 84.3%	18 14.9%	0 0.0%	1 0.8%	121
Seed Planting Activity Count Row %	106 86.9%	15 12.3%	1 0.8%	0 0.0%	122
Nature Card Activities Count Row %	88 72.1%	28 23.0%	0 0.0%	6 4.9%	122
Being out in our garden watching plants grow :Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
Bulbs:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1

	POSITIVE Impact	NEUTRAL Impact	NEGATIVE Impact	Did not use	Responses
Compass:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
Daily walk:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
Family time :Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
Frizbee:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1

	POSITIVE Impact	NEUTRAL Impact	NEGATIVE Impact	Did not use	Responses
Magnifying glass:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
Put things into my scrapbook:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
Watering can:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
Wild Flowers:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1

	POSITIVE Impact	NEUTRAL Impact	NEGATIVE Impact	Did not use	Responses
bird feeders:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
garden gloves:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health? Count Row %	1 100.0%	0 0.0%	0 0.0%	0 0.0%	1
not specified:Thinking about the Green Health Home Pack contents you received. Tell us what activities in the pack had a positive, neutral or negative impact on your mental health? Count Row %	3 75.0%	0 0.0%	0 0.0%	1 25.0%	4
Totals Total Responses					122

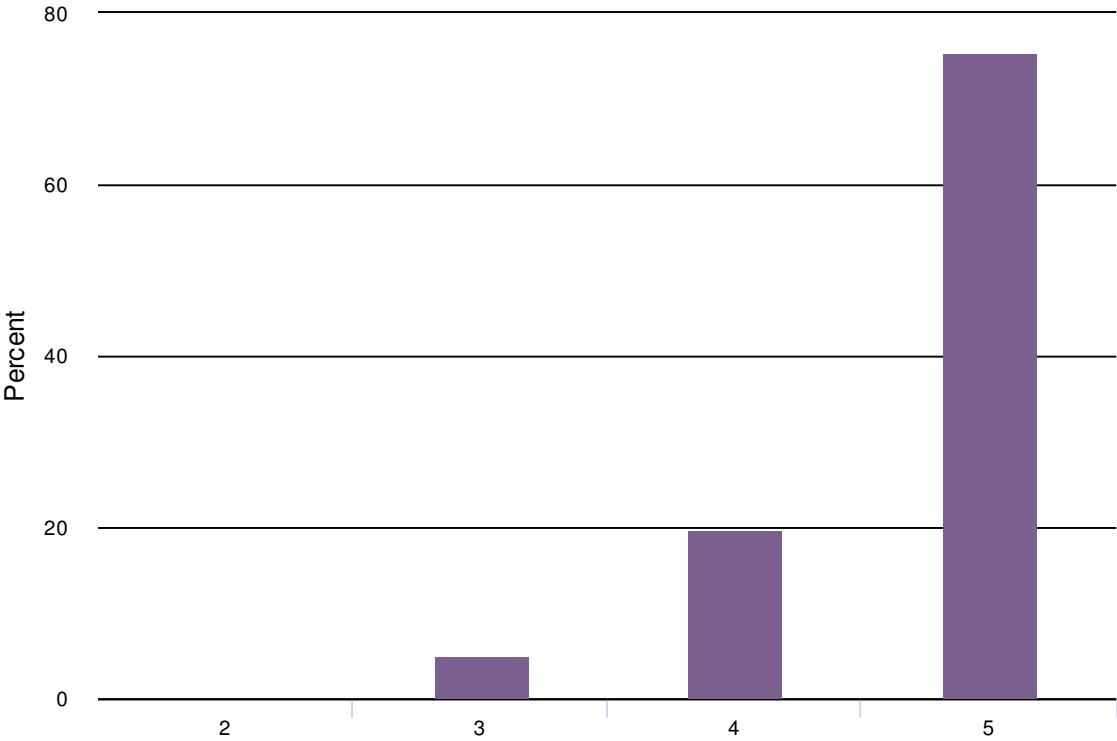
4. Are there other activities in the pack you are likely to continue? Please tick all that apply.

	Yes, I will continue	I might continue	No, not interested	Responses
Bird Seed Activity Count Row %	107 87.7%	12 9.8%	3 2.5%	122
Seed Planting Activity Count Row %	106 86.9%	13 10.7%	3 2.5%	122
Nature Card Activities Count Row %	66 54.1%	45 36.9%	11 9.0%	122
Bird watching:Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 100.0%	0 0.0%	0 0.0%	1
Bulbs:Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 100.0%	0 0.0%	0 0.0%	1
Compass:Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 100.0%	0 0.0%	0 0.0%	1
Daily local walk:Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 100.0%	0 0.0%	0 0.0%	1
Family outside time :Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 100.0%	0 0.0%	0 0.0%	1

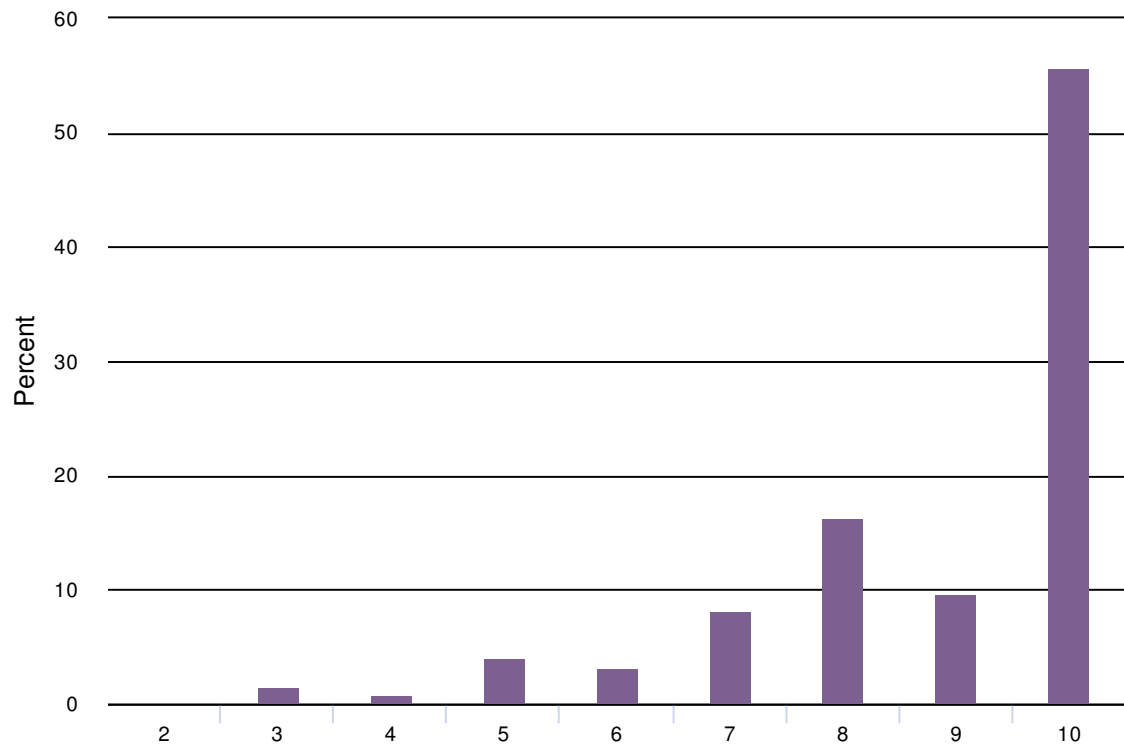
	Yes, I will continue	I might continue	No, not interested	Responses
Frizbee:Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 100.0%	0 0.0%	0 0.0%	1
Gro bag:Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 100.0%	0 0.0%	0 0.0%	1
Looking at nature :Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 100.0%	0 0.0%	0 0.0%	1
Watering can:Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 100.0%	0 0.0%	0 0.0%	1
Watering plants :Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 100.0%	0 0.0%	0 0.0%	1
We've stared bird watching due to the pack:Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 100.0%	0 0.0%	0 0.0%	1
bird feeders:Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 100.0%	0 0.0%	0 0.0%	1

	Yes, I will continue	I might continue	No, not interested	Responses
garden gloves:Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 100.0%	0 0.0%	0 0.0%	1
not specificed:Are there other activities in the pack you are likely to continue? Please tick all that apply. Count Row %	1 33.3%	1 33.3%	1 33.3%	3
Totals Total Responses				122

5. Please rate your overall enjoyment of using the packs.



6. On a scale of 1 to 10 (1 being not at all likely and 10 being highly likely), would you recommend the Green Health Home Pack to friends or family?



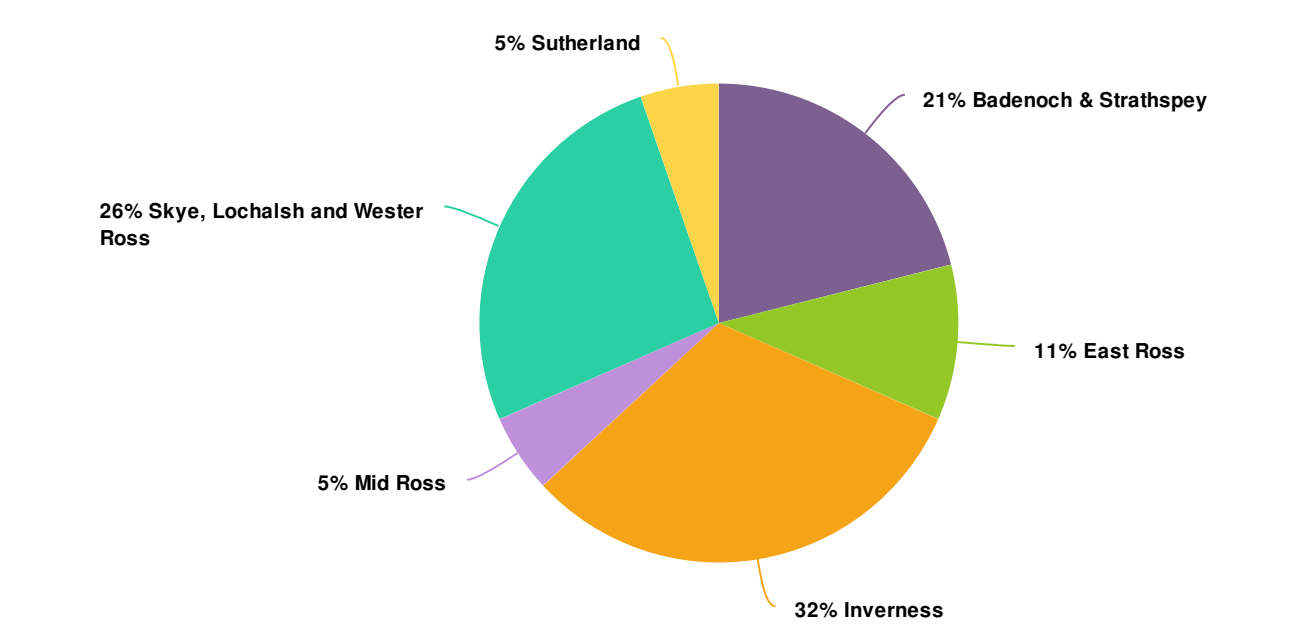
Report for Green Health Events – Organiser Post Event Survey

Response Counts

Completion Rate:	100%	<div></div>	
	Complete	<div></div>	19

Totals: 19

1. Which Highland area do you operate in?



Value		Percent	Responses
Badenoch & Strathspey	<div><div></div></div>	21.1%	4
East Ross	<div><div></div></div>	10.5%	2
Inverness	<div><div></div></div>	31.6%	6
Mid Ross	<div><div></div></div>	5.3%	1
Skye, Lochalsh and Wester Ross	<div><div></div></div>	26.3%	5
Sutherland	<div><div></div></div>	5.3%	1

Totals: 19

2. Thinking about your Green Health Event. Please list the key activities your participants undertook.

	Indoors or Outdoors?	Location eg Park, Beach, Forrest etc	Responses
Walking Count Row %	16 100.0%	16 100.0%	16
Cycle Count Row %	5 100.0%	5 100.0%	5
Gardening Count Row %	7 100.0%	7 100.0%	7
Active child-led play Count Row %	1 100.0%	1 100.0%	1
Ball Skills Count Row %	1 100.0%	1 100.0%	1
Bird Spotting Count Row %	1 100.0%	1 100.0%	1
Bird spotting Count Row %	1 100.0%	1 100.0%	1
Bug hunting Count Row %	1 100.0%	1 100.0%	1
Bush crafting Count Row %	1 100.0%	1 100.0%	1
Bushcraft Count Row %	1 100.0%	1 100.0%	1
Bushcraft (e.g. den building, firelighting, cooking) Count Row %	1 100.0%	1 100.0%	1

	Indoors or Outdoors?	Location eg Park, Beach, Forrest etc	Responses
Campfire cookery Count Row %	1 100.0%	1 100.0%	1
Canoeing Count Row %	1 100.0%	1 100.0%	1
Coasteering Count Row %	1 100.0%	1 100.0%	1
Community food growing Count Row %	1 100.0%	1 100.0%	1
Completing questionnaire on the hunt Count Row %	1 100.0%	1 100.0%	1
Cooking Count Row %	1 100.0%	1 100.0%	1
Crafting Count Row %	1 100.0%	1 100.0%	1
Den Building Count Row %	1 100.0%	1 100.0%	1
Den building Count Row %	1 100.0%	1 100.0%	1
Den construction Count Row %	1 100.0%	1 100.0%	1
Exercise Count Row %	1 100.0%	1 100.0%	1

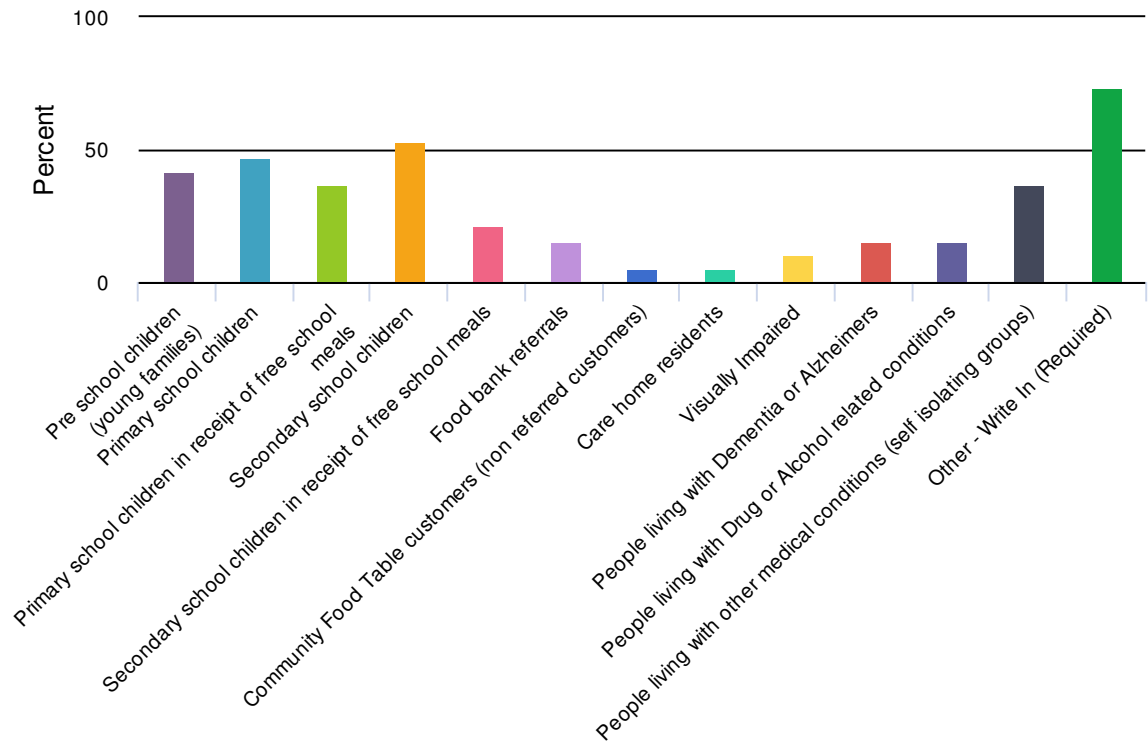
	Indoors or Outdoors?	Location eg Park, Beach, Forrest etc	Responses
Exploring Count Row %	1 100.0%	1 100.0%	1
Exploring Count Row %	1 100.0%	1 100.0%	1
Fire building Count Row %	1 100.0%	1 100.0%	1
Fire lighting Count Row %	1 100.0%	1 100.0%	1
Fire lighting and cooking on a camp fire Count Row %	1 100.0%	1 100.0%	1
Foraging Count Row %	1 100.0%	1 100.0%	1
Foraging (craft related) Count Row %	1 100.0%	1 100.0%	1
Forest Trail reading/creating Count Row %	1 100.0%	1 100.0%	1
Gel Printing/Woodland Craft Count Row %	1 100.0%	1 100.0%	1
Juice making Count Row %	1 100.0%	1 100.0%	1
Knot Tying Count Row %	1 100.0%	1 100.0%	1

	Indoors or Outdoors?	Location eg Park, Beach, Forrest etc	Responses
Litter Collecting Count Row %	1 100.0%	0 0.0%	1
Litter Picking Count Row %	1 100.0%	1 100.0%	1
Litter pick / recycling Count Row %	1 100.0%	1 100.0%	1
Mindful Movement Count Row %	1 100.0%	1 100.0%	1
Mini Raft Building, Knots, River Acknowledgement Count Row %	1 100.0%	1 100.0%	1
Nature trail treasure hunt Count Row %	1 100.0%	1 100.0%	1
Nature-based arts and crafts (including tool use) Count Row %	1 100.0%	1 100.0%	1
Outdoor crafts Count Row %	1 100.0%	1 100.0%	1
Photographing evidence for the hunt Count Row %	1 100.0%	1 100.0%	1
Photography / Videography Count Row %	1 100.0%	1 100.0%	1
Playing tennis Count Row %	1 100.0%	1 100.0%	1

	Indoors or Outdoors?	Location eg Park, Beach, Forrest etc	Responses
Playing/ Mindfulness Activities Count Row %	1 100.0%	1 100.0%	1
Primitive Fire Lighting Count Row %	1 100.0%	1 100.0%	1
Running Count Row %	2 100.0%	2 100.0%	2
Sharing lunch together Count Row %	1 100.0%	1 100.0%	1
Shell identification Count Row %	1 100.0%	1 100.0%	1
Spotting posters as part of the hunt Count Row %	1 100.0%	1 100.0%	1
Tool use & crafts (e.g. sawing, hammering, willow weaving) Count Row %	1 100.0%	1 100.0%	1
Tree identification Count Row %	1 100.0%	1 100.0%	1
Wildlife surveys (e.g. pond dipping, camera traps, bug hunts) Count Row %	1 100.0%	1 100.0%	1
running Count Row %	1 100.0%	1 100.0%	1
skipping Count Row %	1 100.0%	1 100.0%	1

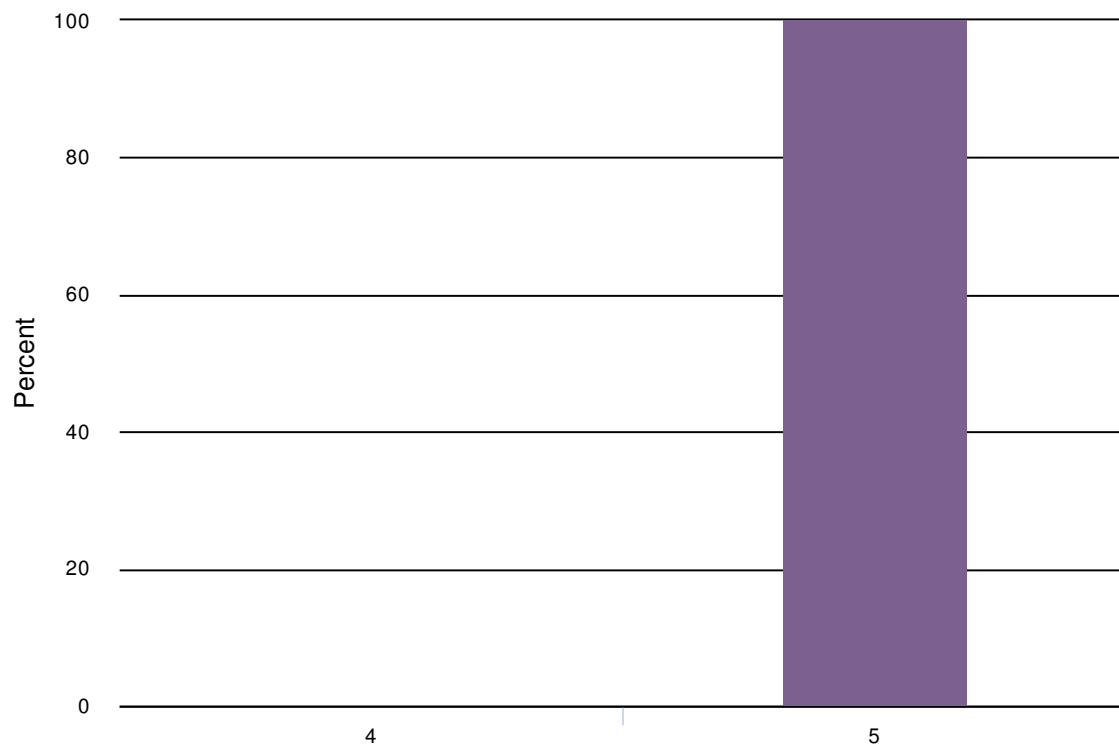
	Indoors or Outdoors?	Location eg Park, Beach, Forrest etc	Responses
Totals			1 100.0%

3. Thinking about the participants of your GH event activity please identify all the audience groups who attended.

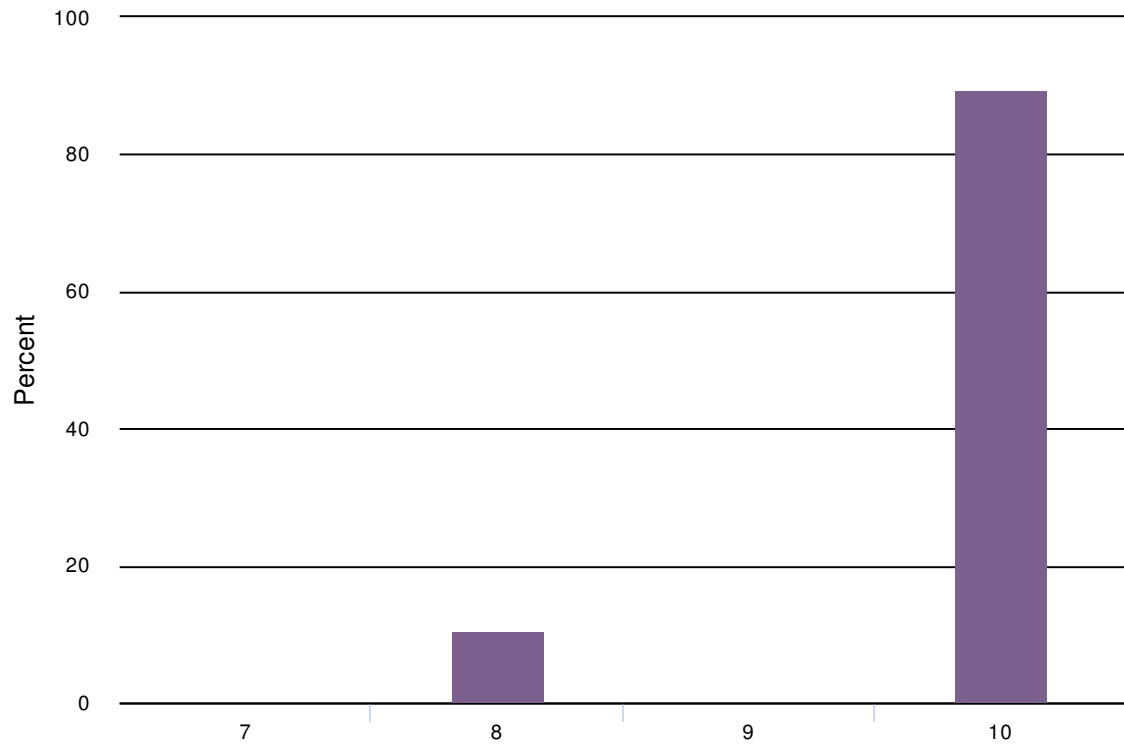


Value		Percent	Responses
Pre school children (young families)		42.1%	8
Primary school children		47.4%	9
Primary school children in receipt of free school meals		36.8%	7
Secondary school children		52.6%	10
Secondary school children in receipt of free school meals		21.1%	4
Food bank referrals		15.8%	3
Community Food Table customers (non referred customers)		5.3%	1
Care home residents		5.3%	1
Visually Impaired		10.5%	2
People living with Dementia or Alzheimers		15.8%	3
People living with Drug or Alcohol related conditions		15.8%	3
People living with other medical conditions (self isolating groups)		36.8%	7
Other - Write In (Required)		73.7%	14

4. Thinking about any feedback you received verbally or anecdotally from those who took part in your event, please rate the overall feedback you received.



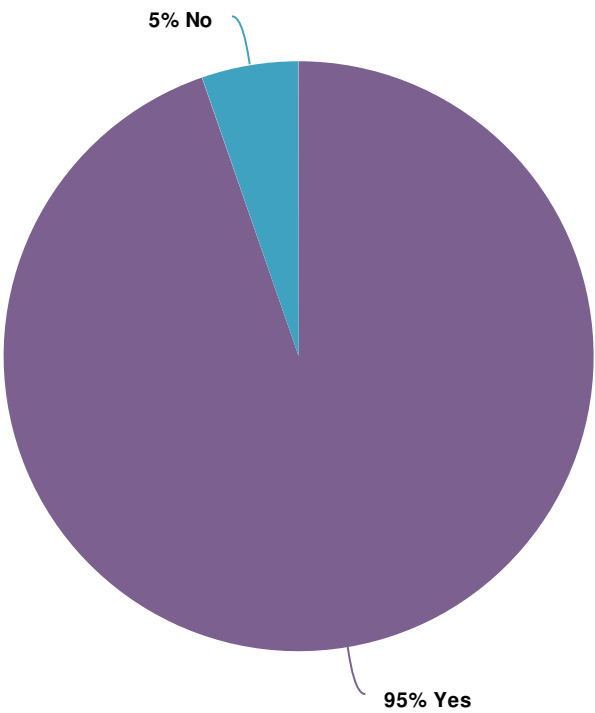
5. On a scale of 1 to 10 (1 being not at all likely and 10 being highly likely), would you repeat this Green Health event again?



6. Is there anything different you would do if you were to run this green health event again in future?



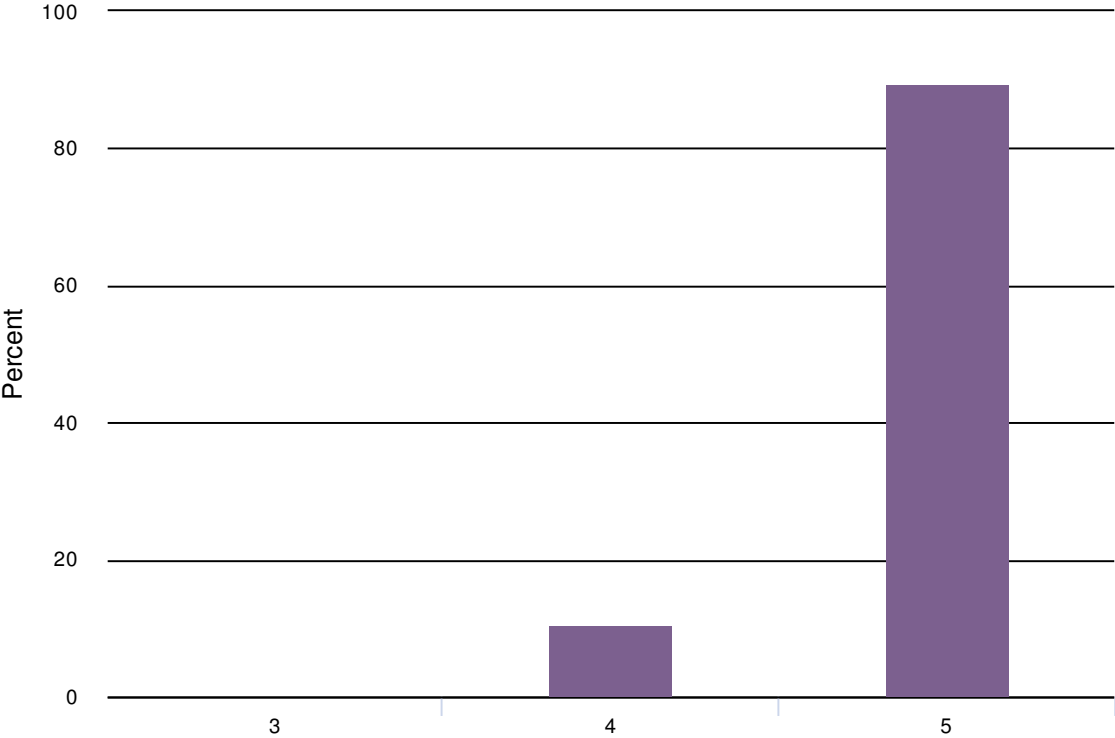
7. Did your event provide any opportunity for skills development or training of staff, volunteers or participants?



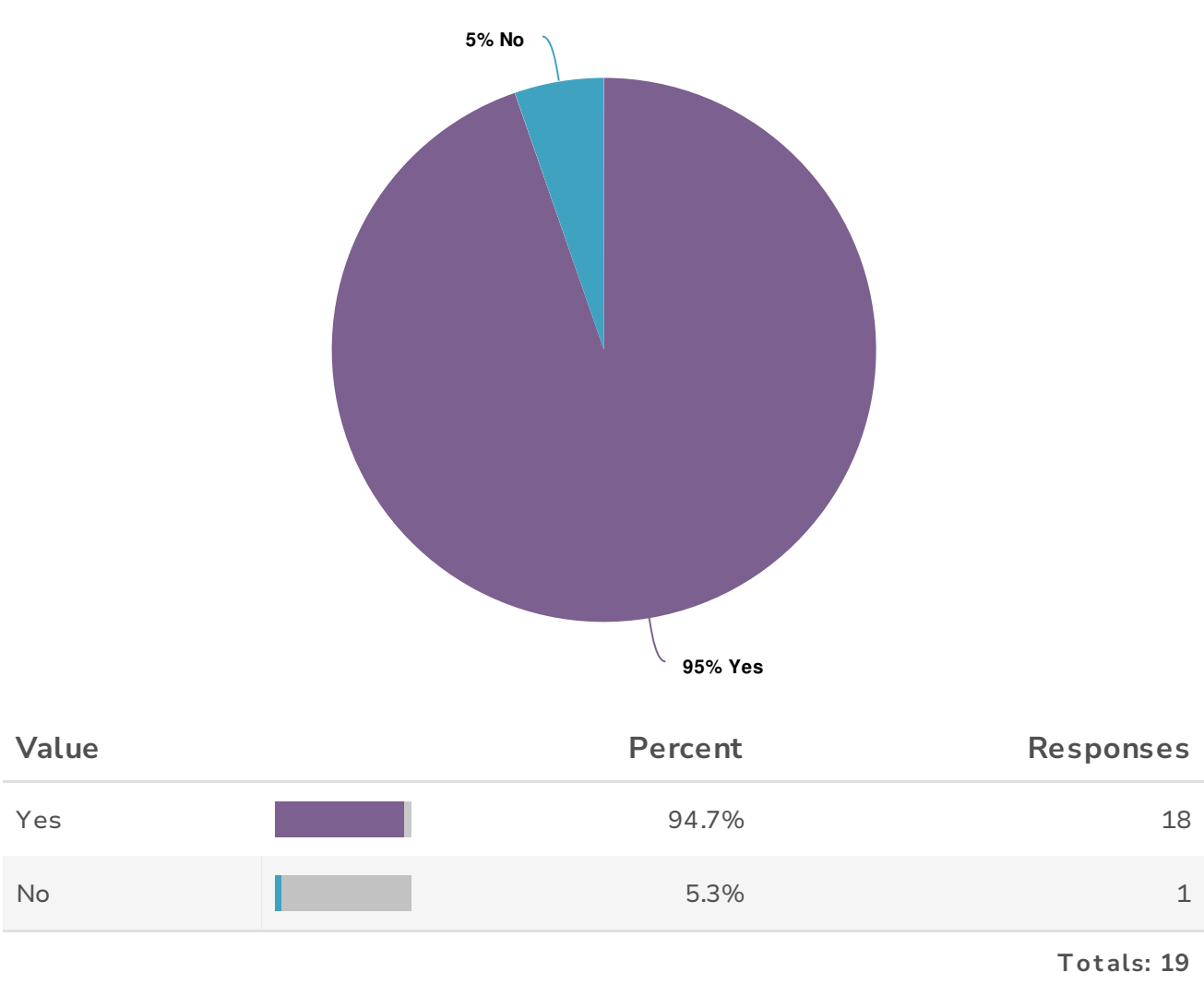
Value		Percent	Responses
Yes	<div></div>	94.7%	18
No	<div></div>	5.3%	1

Totals: 19

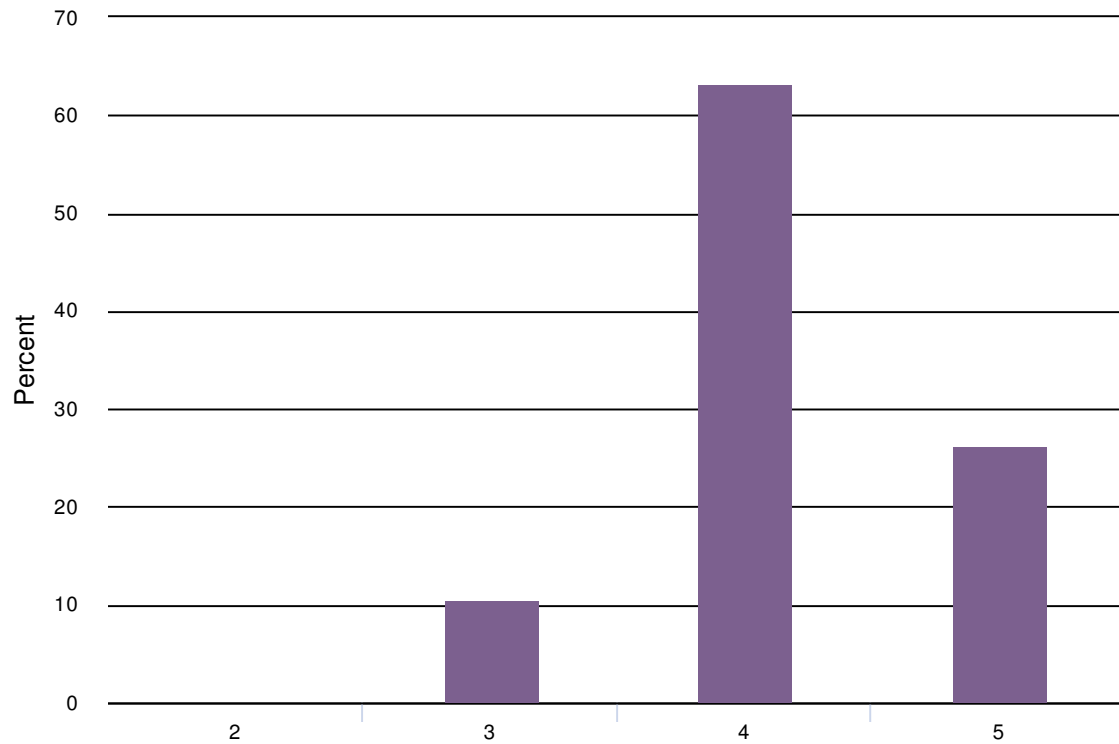
8. What impact do you believe the GH event had on the general health and well-being of those who received them?



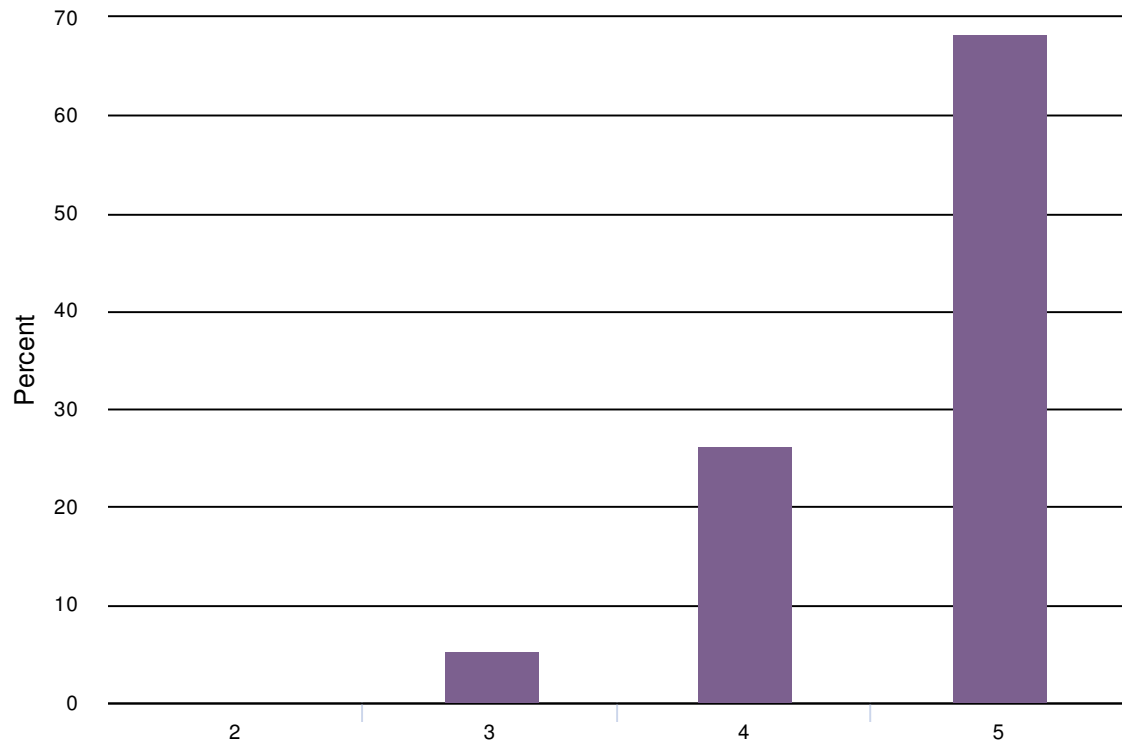
9. Was your Green Health Event activity linked to any future legacy activity or event you plan to undertake with this audience?



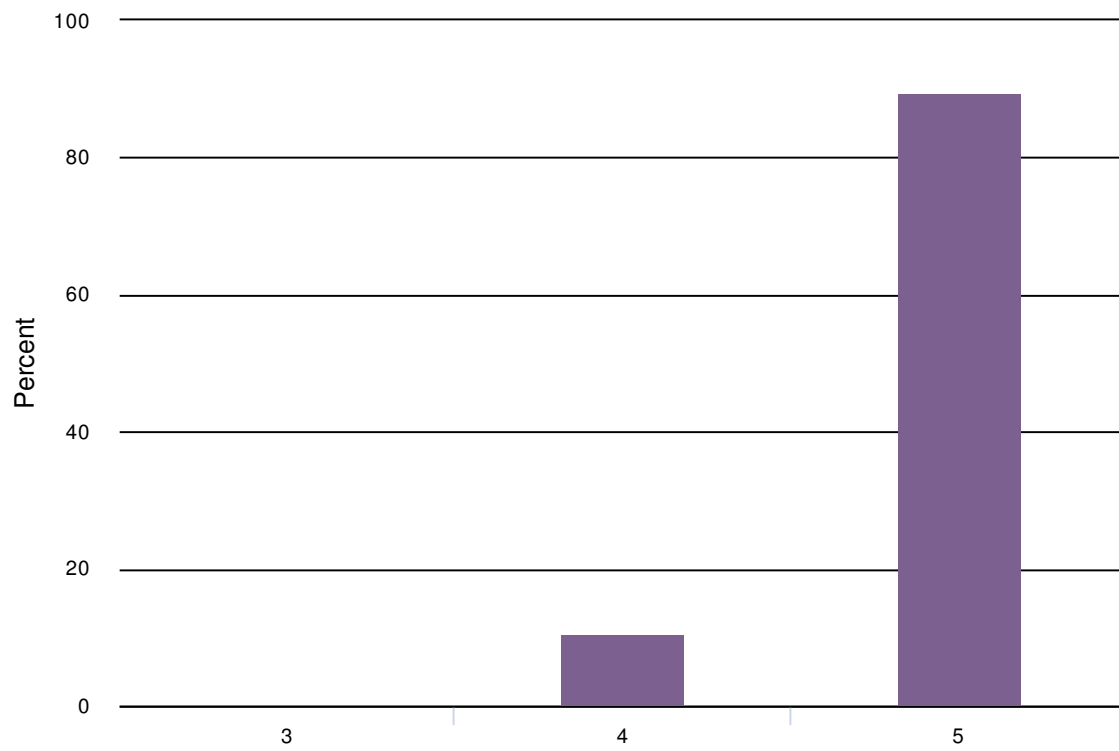
10. How much do you believe your Green Health event has changed your community's ability to deliver further, similar events?



11. How easy was it to complete and submit the tender process for the Green Health Events?



12. How would you rate the overall project administration process? (Communication, paperwork, response times, guidance and support available).



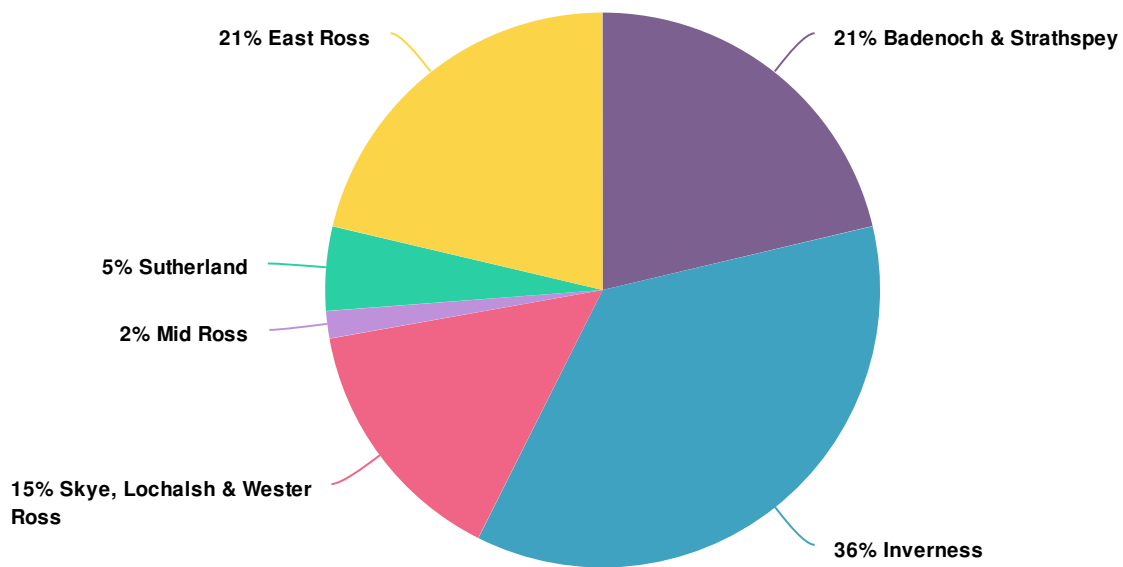
Report for Green Health Events - Participant Evaluation

Response Counts

Completion Rate:	100%	<div></div>	
	Complete	<div></div>	64

Totals: 64

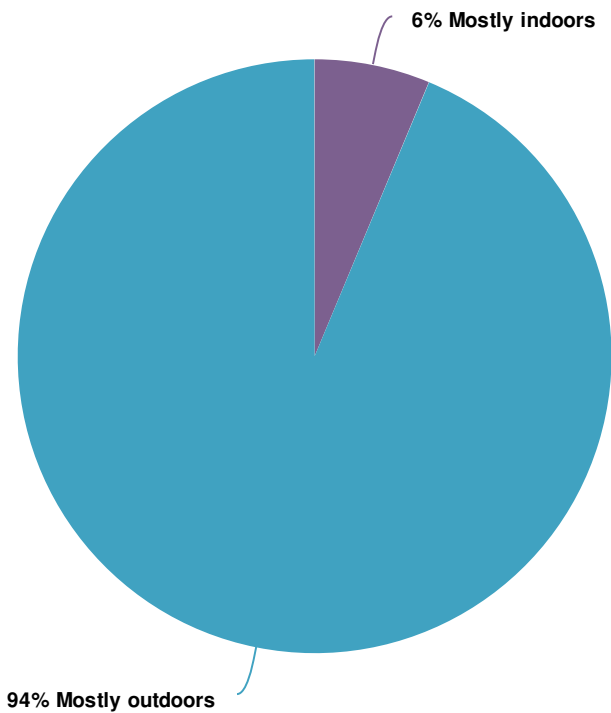
1. Which Highland area did your event/activity take place in?



Value		Percent	Responses
Badenoch & Strathspey	<div><div></div></div>	21.3%	13
Inverness	<div><div></div></div>	36.1%	22
Skye, Lochalsh & Wester Ross	<div><div></div></div>	14.8%	9
Mid Ross	<div><div></div></div>	1.6%	1
Sutherland	<div><div></div></div>	4.9%	3
East Ross	<div><div></div></div>	21.3%	13

Totals: 61

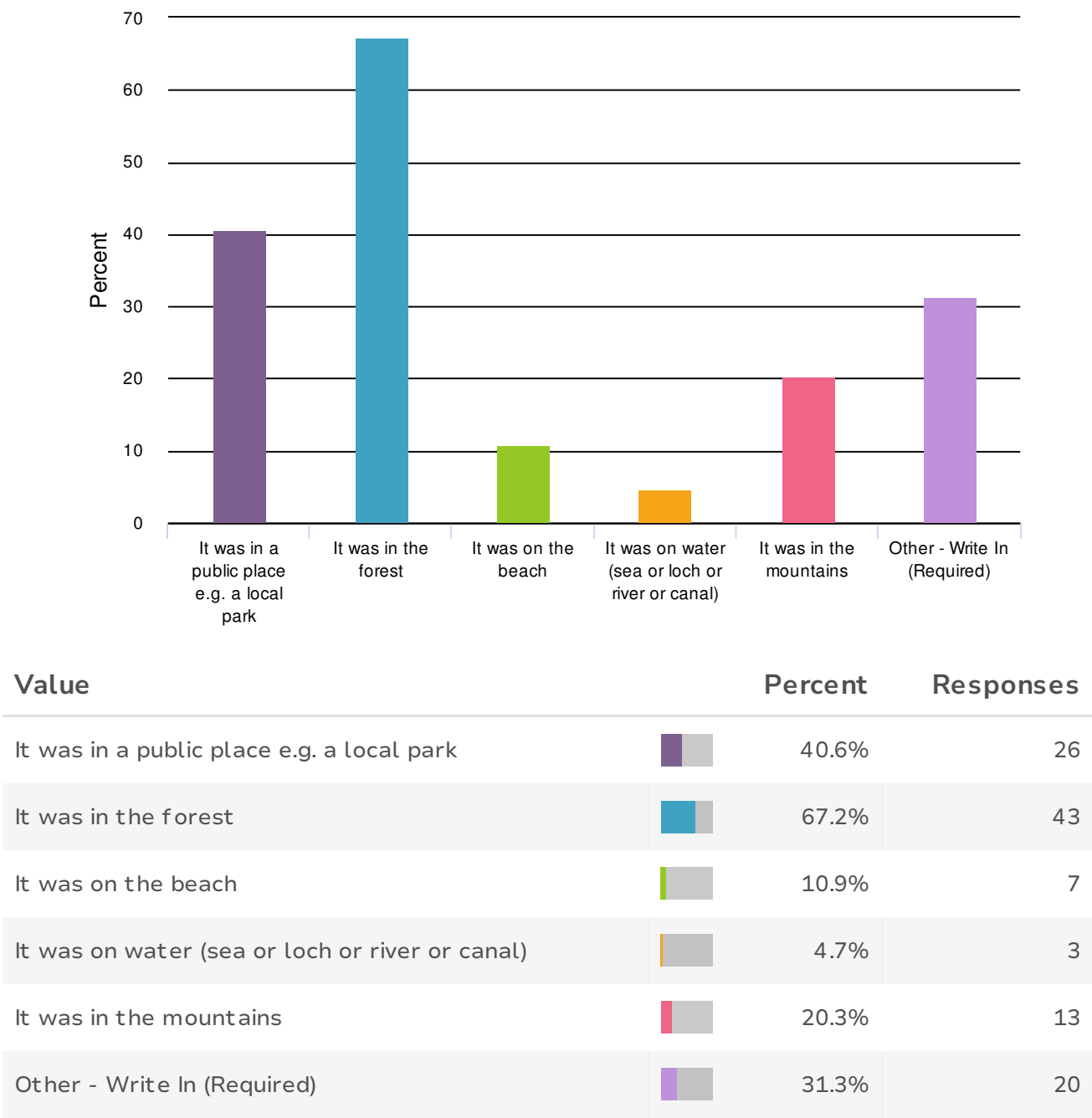
2. Did your event activity take place mostly indoors or mostly outdoors?



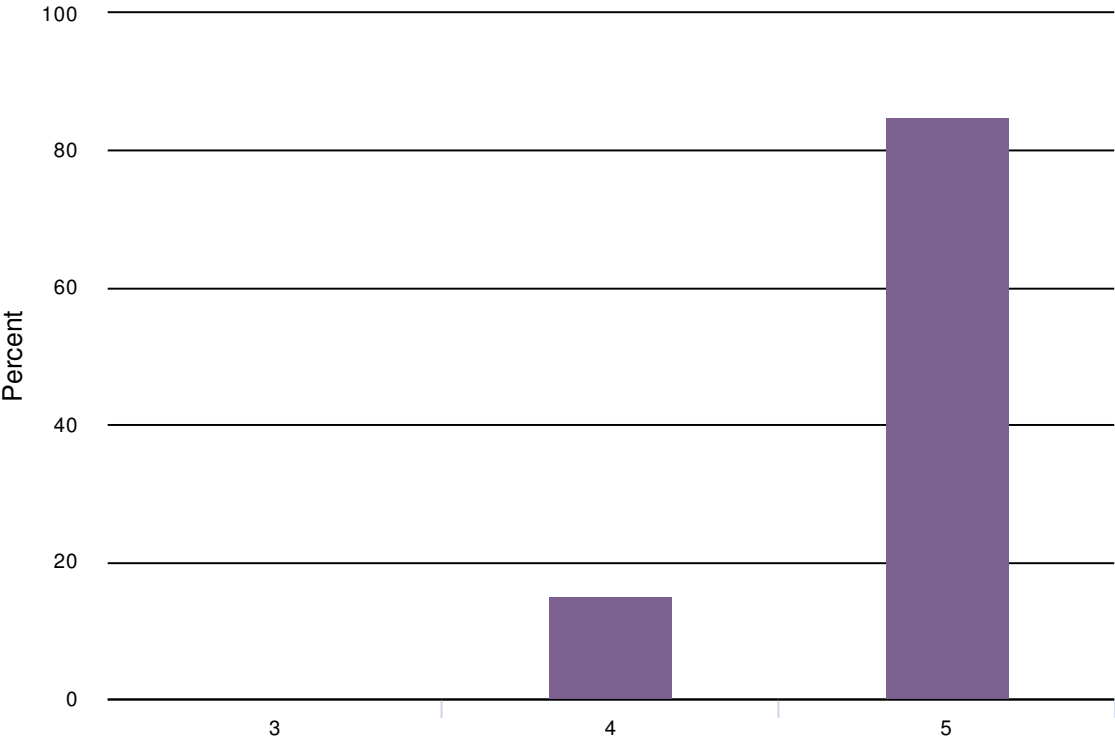
Value		Percent	Responses
Mostly indoors	<div><div></div></div>	6.3%	4
Mostly outdoors	<div><div></div></div>	93.8%	60

Totals: 64

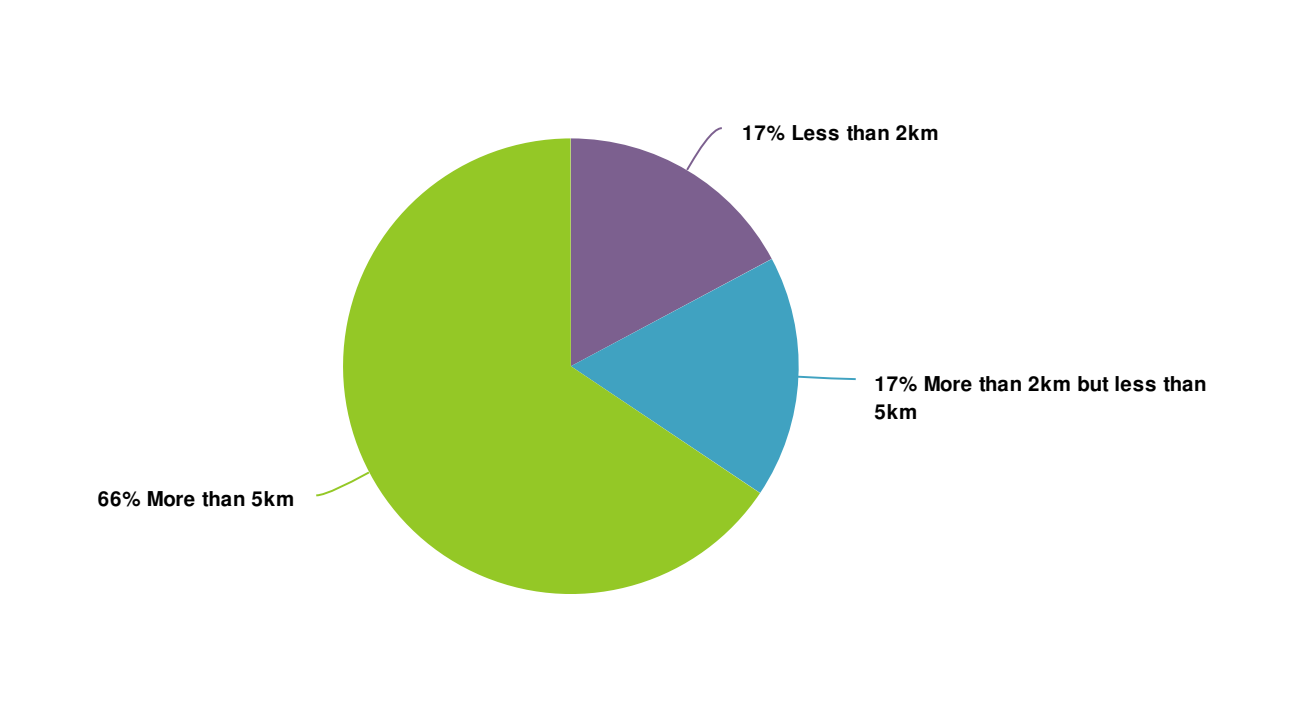
3. Describe the space or area that your activity took place in?



4. Thinking about the qualities of the scenic landscape your activity took place in, please rate the scenic quality of your experience.

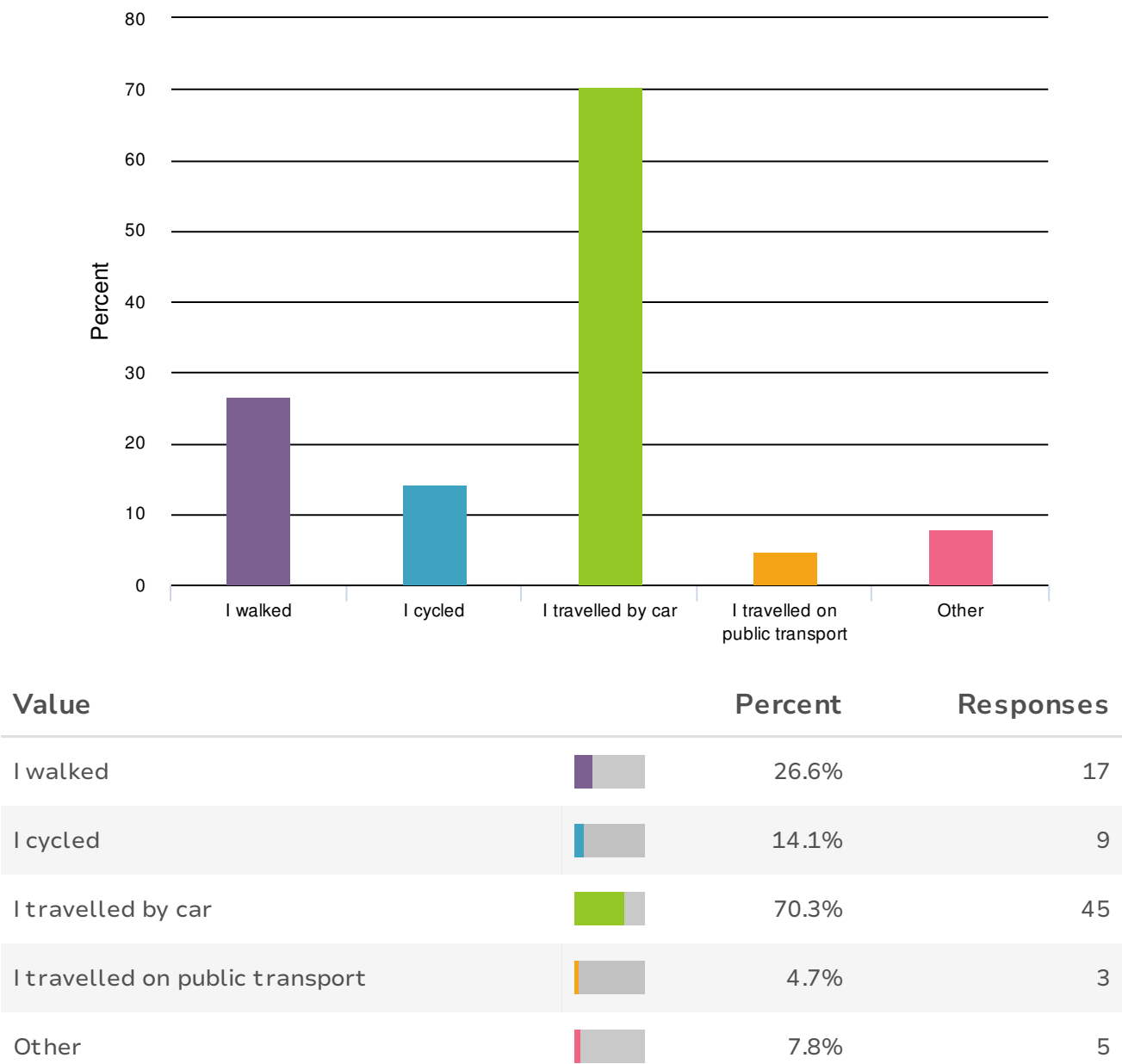


5. How far did you have to travel from home to take part in your Green Health activity/event?

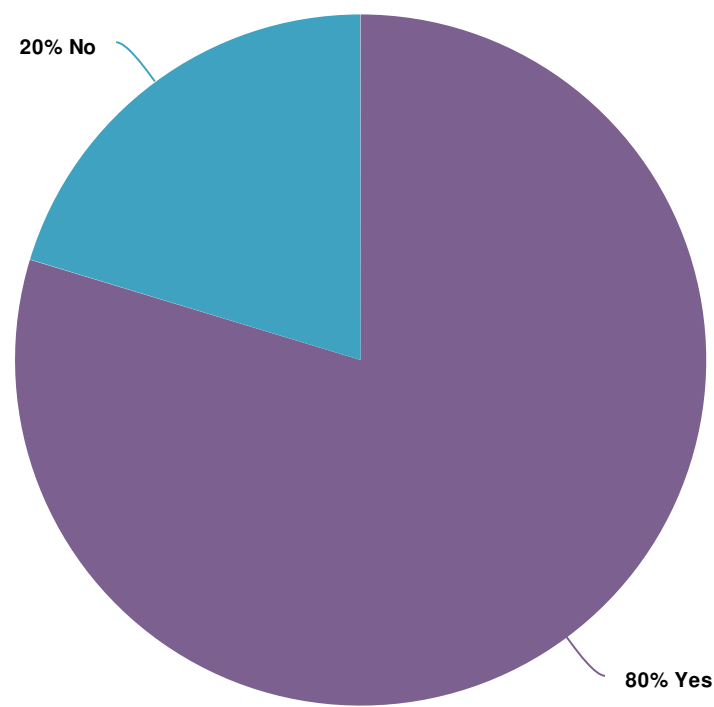


Value		Percent	Responses
Less than 2km	<div><div></div></div>	17.2%	11
More than 2km but less than 5km	<div><div></div></div>	17.2%	11
More than 5km	<div><div></div></div>	65.6%	42
Totals: 64			

6. How did you travel to reach your Green Health activity/event?



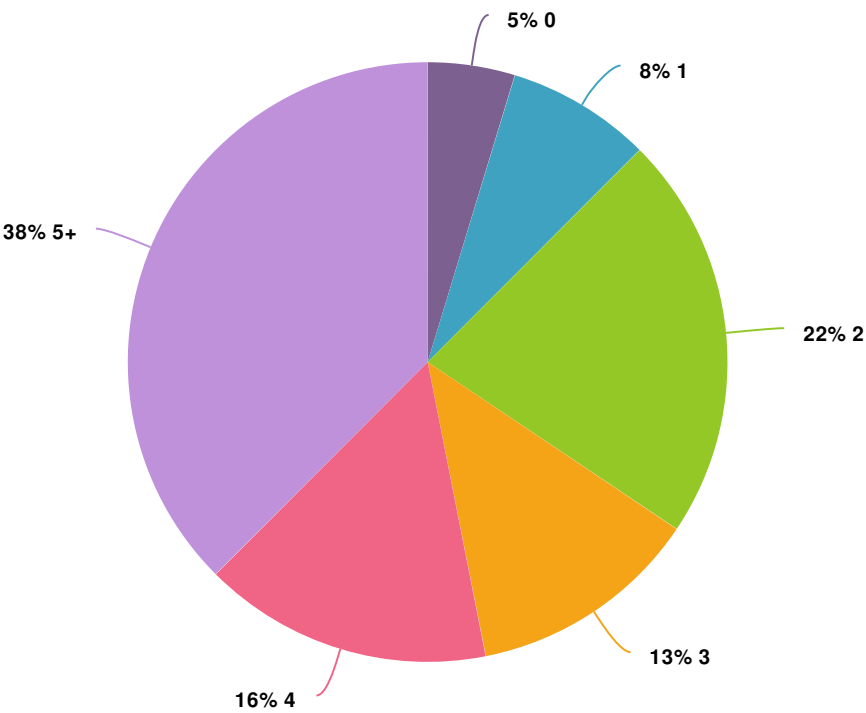
7. Was this a new event or activity for you?



Value		Percent	Responses
Yes	<div><div></div></div>	79.7%	51
No	<div><div></div></div>	20.3%	13

Totals: 64

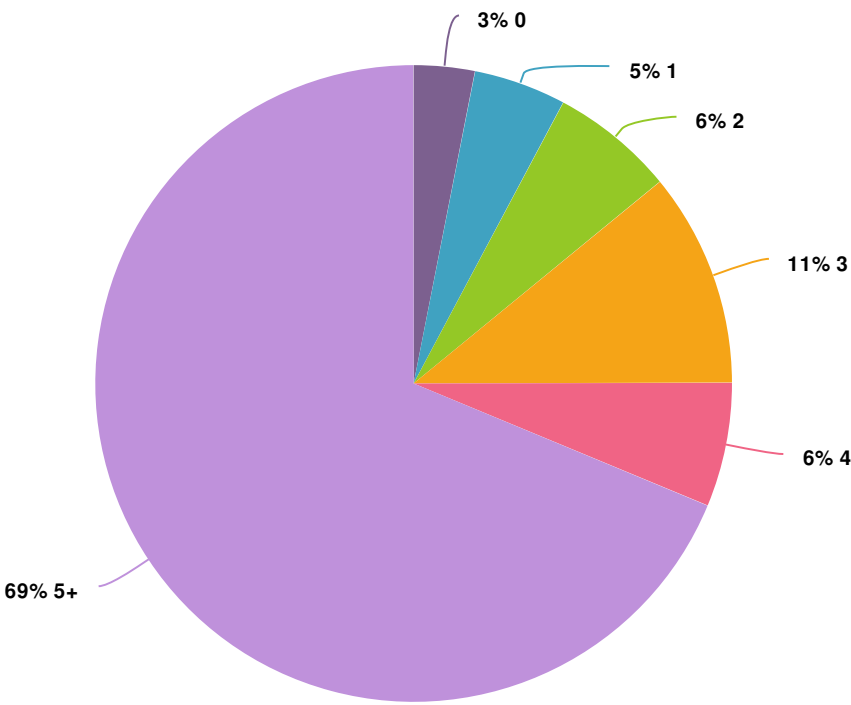
8. How many times a week were you active in the outdoors before your Green Health Activity?



Value		Percent	Responses
0	<div><div></div></div>	4.7%	3
1	<div><div></div></div>	7.8%	5
2	<div><div></div></div>	21.9%	14
3	<div><div></div></div>	12.5%	8
4	<div><div></div></div>	15.6%	10
5+	<div><div></div></div>	37.5%	24

Totals: 64

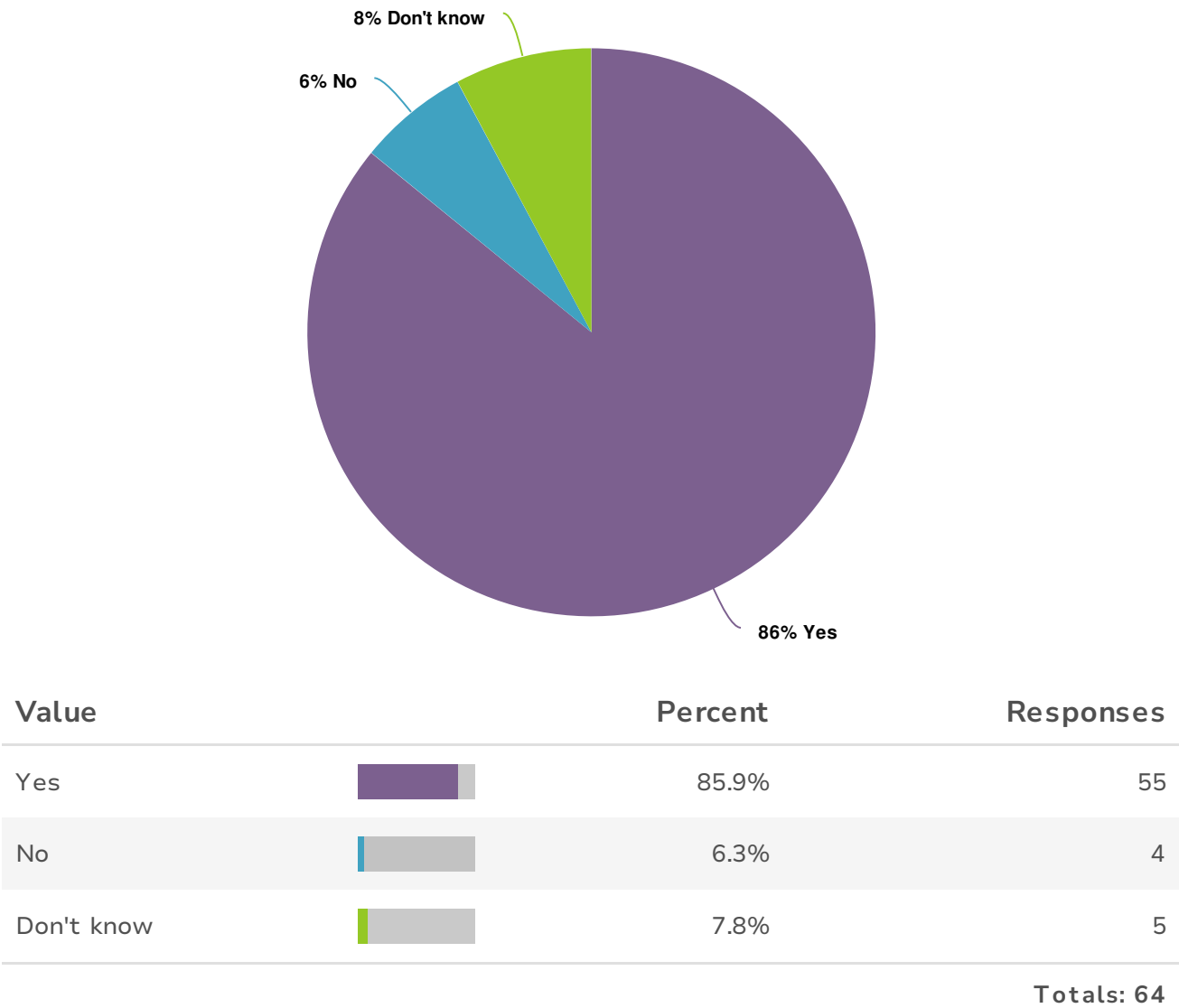
9. How many times a week would you like to be active outside or take some exercise in nature?



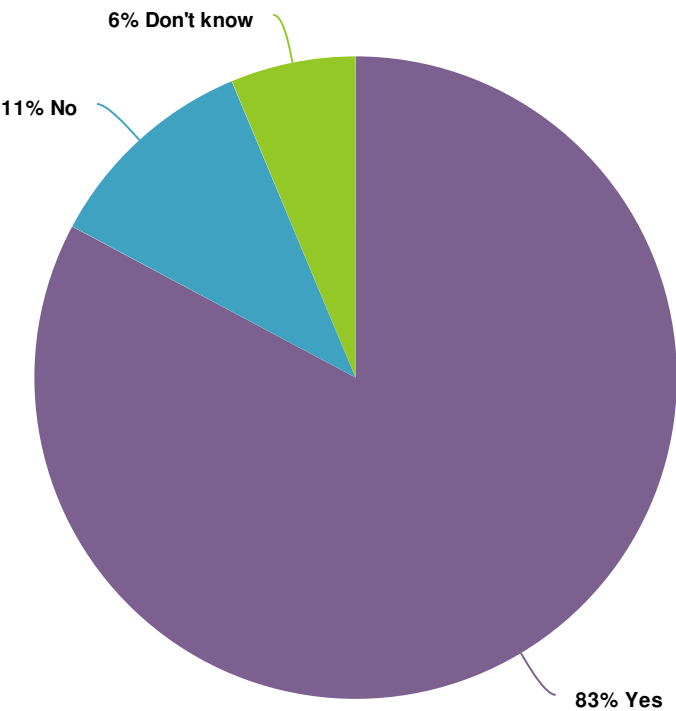
Value		Percent	Responses
0	<div><div></div></div>	3.1%	2
1	<div><div></div></div>	4.7%	3
2	<div><div></div></div>	6.3%	4
3	<div><div></div></div>	10.9%	7
4	<div><div></div></div>	6.3%	4
5+	<div><div></div></div>	68.8%	44

Totals: 64

10. Do you think taking part in this Green Health Activity will help motivate you to take more outdoor exercise every week?



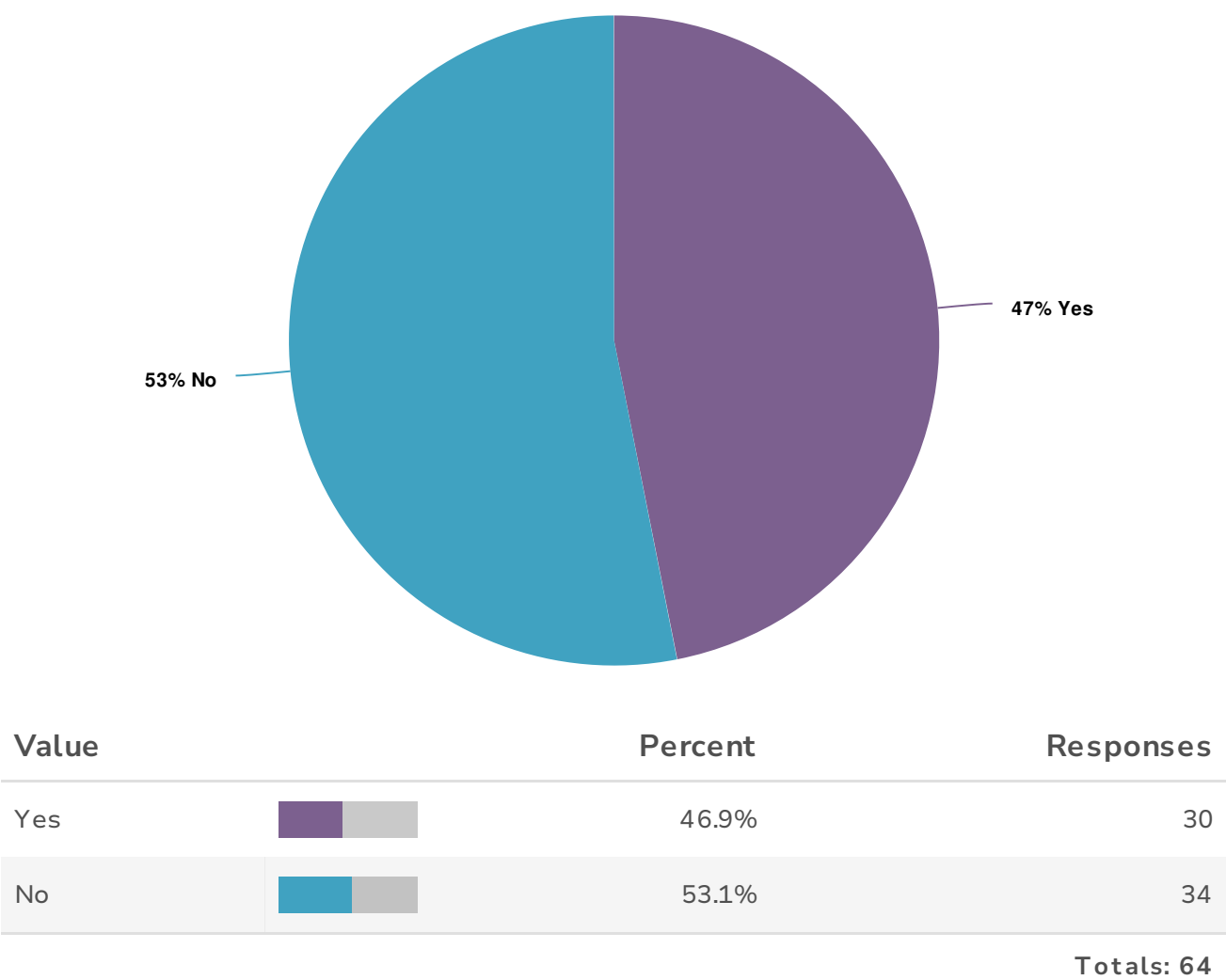
11. Do you think this Green Health Activity gave you new opportunities to socialise and meet people?



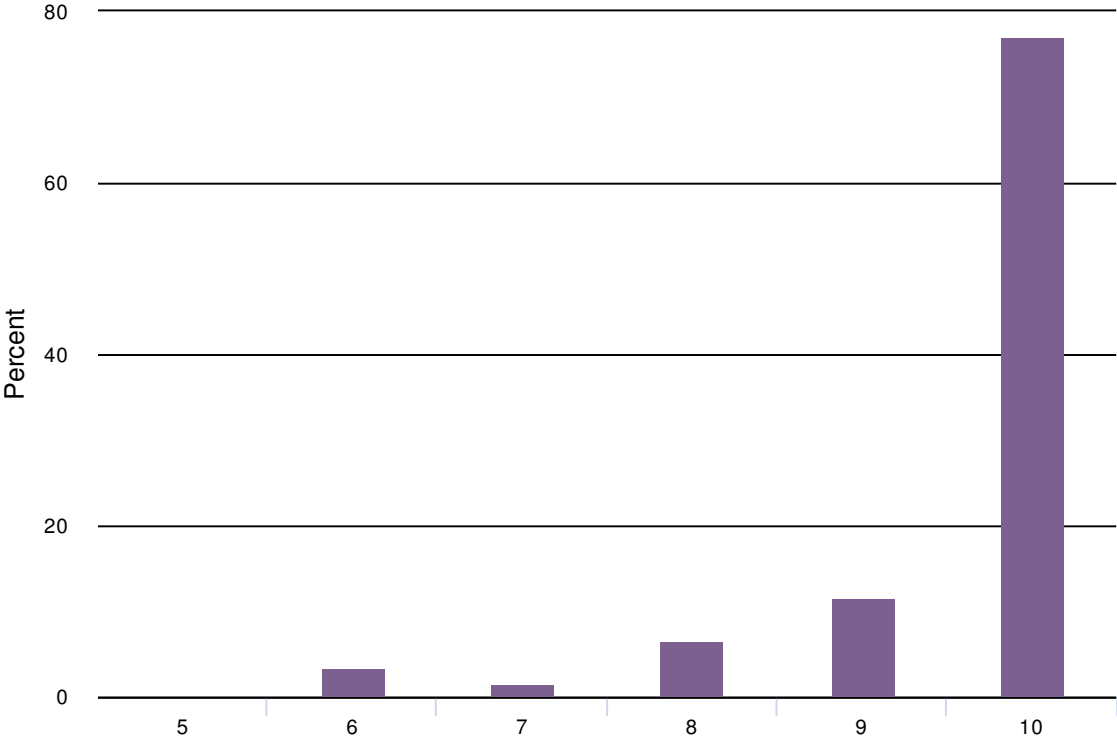
Value		Percent	Responses
Yes	<div><div></div></div>	82.8%	53
No	<div><div></div></div>	10.9%	7
Don't know	<div><div></div></div>	6.3%	4

Totals: 64

12. Are you a member of any local sports or social clubs?



13. On a scale of 1 to 10 (1 being not at all likely and 10 being highly likely), would you repeat or recommend the Green Health event or activity to others?

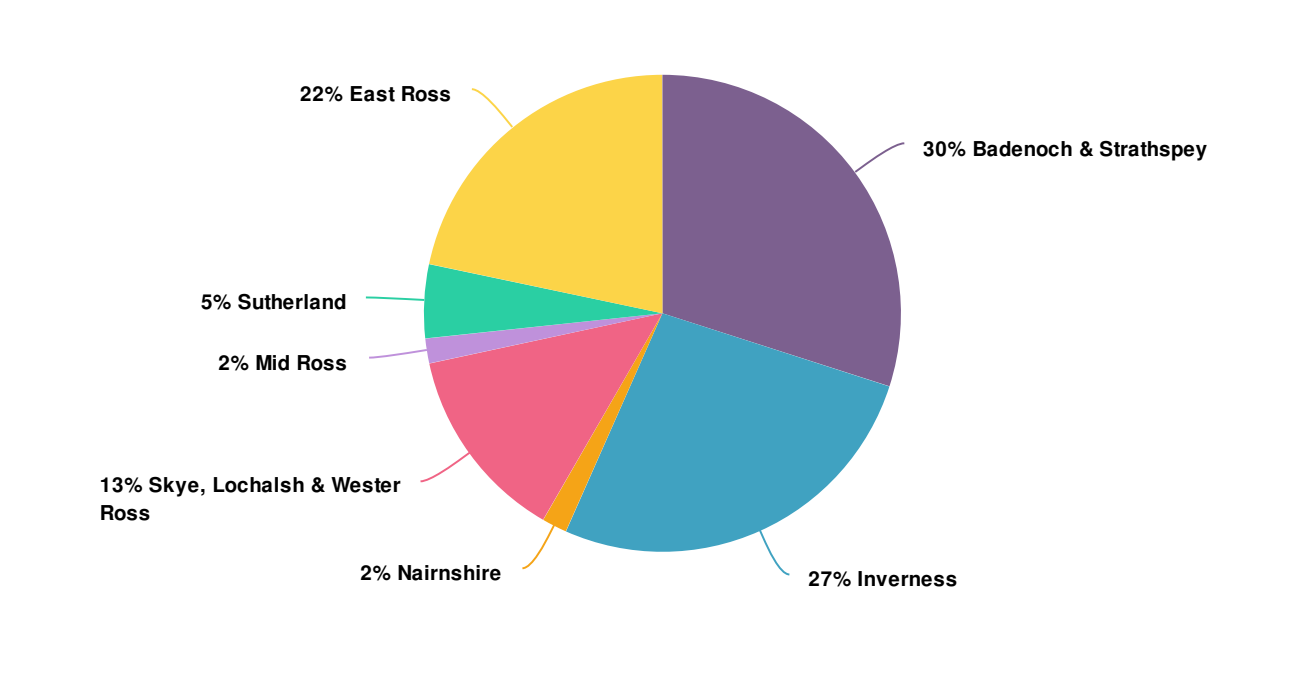


14. Please read each statement below and tick the box that best describes your personal situation as a result of taking part in your green health event or activity.

	Strongly Disagree	Disagree	Neither agree nor disagree	Somewhat agree	Strongly Agree	Responses
I have been feeling more optimistic about the future Count Row %	1 1.6%	1 1.6%	10 16.1%	27 43.5%	23 37.1%	62
I've been feeling more relaxed Count Row %	1 1.6%	1 1.6%	8 12.7%	33 52.4%	20 31.7%	63
I've been feeling more interested in other people Count Row %	1 1.6%	1 1.6%	21 32.8%	28 43.8%	13 20.3%	64
I've had more energy to spare Count Row %	1 1.6%	0 0.0%	22 34.9%	35 55.6%	5 7.9%	63
I've been feeling less anxious in general Count Row %	0 0.0%	2 3.2%	19 30.2%	31 49.2%	11 17.5%	63
I've been thinking more clearly Count Row %	0 0.0%	0 0.0%	25 39.7%	26 41.3%	12 19.0%	63

	Strongly Disagree	Disagree	Neither agree nor disagree	Somewhat agree	Strongly Agree	Responses
I've been feeling better about myself Count Row %	0 0.0%	0 0.0%	12 19.0%	35 55.6%	16 25.4%	63
I've been feeling more confident Count Row %	0 0.0%	1 1.6%	20 32.3%	27 43.5%	14 22.6%	62
I've been more interested in new things Count Row %	0 0.0%	1 1.6%	13 20.6%	23 36.5%	26 41.3%	63
I've been feeling more cheerful Count Row %	0 0.0%	0 0.0%	10 15.6%	35 54.7%	19 29.7%	64
Totals Total Responses						64

15. Which Highland area do you live in?



Value		Percent	Responses
Badenoch & Strathspey	<div><div></div></div>	30.0%	18
Inverness	<div><div></div></div>	26.7%	16
Nairnshire	<div><div></div></div>	1.7%	1
Skye, Lochalsh & Wester Ross	<div><div></div></div>	13.3%	8
Mid Ross	<div><div></div></div>	1.7%	1
Sutherland	<div><div></div></div>	5.0%	3
East Ross	<div><div></div></div>	21.7%	13
Totals: 60			