

ACTIVITIES SELF ASSESSMENT

Targeted actions and support for those most at risk can be a good way to reduce health inequalities. Below is a self assessment matrix that can be used to score your current activity, and consider whether adaptations could be made to widen the reach of your activity and encourage new audiences.

Consider each activity individually and score it against the headings in the matrix. Take a total tally of the score. Discuss the results and consider alterations to the activities if deemed appropriate.

If your group or organisation offer a variety of activities, this could be a useful exercise to undertake in discussion with a new participant, to find an activity that would suit them best.

		PHYSICAL		MENTAL	
	Durantion	Cardio Vascular Effort	Strength and Balance	Social skills	Concentration/ skills
4	Full Day	Highly active. Raised heartbeat/sweating or breathlessness for periods.	Heavy lifting/ vigorous or difficult terrain.	Larger group (10+), new/different people each time, One-off gatherings	A high degree of concentration/ skills or training needed
3	Half Day	Moderately active (brisk walk or equivalent with rest)	Moderate strength required (digging, bending over, sawing etc)	Larger group (10+), meets regularly, familiar people or occasional new members	A high degree of concentration but no training or specialist skills needed
2	1-2 hours	Lightly active (slow walk with rest)	Some light lifting, variable terrain	Small to medium sized group (5-10 people), familiar people or occasional new members	Moderate concentration/ training/skills or practice required
1	1 hour	Mostly sedentary (planting seeds/ mindfulness/ relaxation etc)	No lifting, even flat terrain	Small group (less than 6), one to one work or participating alone	Little or no concentration/ training/skills needed

Score					
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Overall Score:

< 8 = Easy

8 – 13 = Moderate

>13 = Hard