

**Appendix 2 - Green Candle Dance Company: Prevention, Health and Wellbeing**  
**MSG 2015-2018**

**Table1. Outcome evidencing requirements and target date(s)**

Target Outcomes	How Outcomes will be measured and evidenced	Target Date
<ul style="list-style-type: none"> <li>- Minimum of 10% increase in regular attendance for both workshops over the life of the project.</li> </ul>	<p>Company keeps weekly attendance registers and monitors number of new attendees.</p>	<p>On-going. 10% increase in attendance aimed for August 2018</p>
<ul style="list-style-type: none"> <li>- 50% of participants reporting one of the following: more mobility feeling 'better' emotionally and less isolation over the life of the project</li> </ul>	<p>The company undertakes annual Health and Wellbeing evaluations with participants and carers, at the start and end of each academic year – both groups.</p>	<p>Annually at the end of each academic year</p>
<ul style="list-style-type: none"> <li>- 40% of participants report a reduction in the number of falls experienced, or an increase in confidence when it comes to falls avoidance over the life of the project</li> </ul>	<p>Base line Falls monitoring on registration of all attendees. On-going annual monitoring on falls through evaluation process at start and end of each academic year – both groups.</p>	<p>Annually at the end of each academic year</p>
<ul style="list-style-type: none"> <li>- Session leaders and carers reporting increased engagement and sociability among a majority of participants with dementia over the life of the project</li> </ul>	<p>Observational reporting from session leaders, and verbal/written feedback from participants and carers.</p>	<p>Annually at the end of each academic year</p>
<ul style="list-style-type: none"> <li>- 40% of carers reporting that they feel less socially isolated as a result of attending the workshops and have made lasting friendships over the life of the project.</li> </ul>	<p>On-going annual Health and Wellbeing monitoring of carers including verbal/written feedback and termly observational case studies – Friday group.</p>	<p>Annually (Academic Year): Health and Wellbeing <i>and</i> Termly(Academic Term): Case Studies</p>
<ul style="list-style-type: none"> <li>- All participants and carers given information about better nutrition and healthy living options</li> </ul>	<p>Nutritional advice to include relevant signposting to other organisations</p>	<p>On-going</p>
<ul style="list-style-type: none"> <li>- All participants gain awareness of technology via an introductory creative digital workshop which aims to familiarise participants and carers with digital technology and the internet, exploring its use as a tool for individuals to access new opportunities and information, and by doing so broadening their knowledge and raising awareness of the possibilities available to them through the use of technology, in turn building confidence and helping to combat isolation.</li> </ul>	<p>The company will undertake a questionnaire with regards to participants' computer skills, and arrange a number of workshops accordingly over the three year period. Additionally the company will purchase an IPAD and use the company's laptop with participants when undertaking evaluations.</p>	<p>Digital workshops by end of quarter 3 2016.</p>

**Table3. Output evidencing requirements**

	<b>Outputs Description</b>	<b>Evidencing Requirements</b>
1	Number of Tuesday sessions for older people:	Registration form and attendance register
2	Number of regular attendees at Tuesday sessions	Registration form and attendance register
3	Number of Friday sessions for participants with dementia and their carer	Registration form and attendance register
4	Number of regular attendees at Friday sessions	Registration forms and attendance register
5	Number of unique users attending sessions	Registration form and attendance register
6	Number of users accessing services for the first time	Registration form and attendance register
7	Number of Board/trustees attending capacity building training	Attendance register with evidence of capacity building training and/or certificate

<b>Outputs</b>	<b>Apr/Jun 2015</b>	<b>Jul/Aug 2015</b>	<b>Oct/Dec 2015</b>	<b>Jan/Mar 2016</b>	<b>TOTAL</b>
Number of Tuesday sessions, for older people			10	10	20
Number of regular attendees at Tuesday sessions ( <b>average of 7 per session</b> )			<b>70</b>	<b>70</b>	<b>140</b>
Number of Friday sessions, for participants with dementia and their carers			10	10	20
Number of regular attendees at Friday sessions ( <b>average of 13 per session</b> )			<b>130</b>	<b>130</b>	<b>260</b>
<b>Number of unique users attending sessions</b>			<b>32</b>	<b>32</b>	N/A
Number of users accessing services for the first time			0	0	0
Members of the Board/trustees attending capacity building training			N/A	N/A	0

<b>Outputs</b>	<b>Apr/Jun 2016</b>	<b>Jul/Sep 2016</b>	<b>Oct/Dec 2016</b>	<b>Jan/Mar 2017</b>	<b>TOTAL</b>
Number of Tuesday sessions, for older people	8	4	8	10	30
Number of regular attendees at Tuesday sessions ( <b>average of 7 per session</b> )	<b>56</b>	<b>28</b>	<b>56</b>	<b>70</b>	<b>210</b>
Number of Friday sessions, for participants with dementia and their carers	8	4	8	10	30
Number of regular attendees at Friday sessions ( <b>average of 14 per session</b> )	<b>112</b>	<b>56</b>	<b>112</b>	<b>140</b>	<b>420</b>
<b>Number of taster sessions delivered (to at least 12 participants)</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>4</b>
<b>Number of attendances at taster sessions</b>	<b>0</b>	<b>12</b>	<b>12</b>	<b>12</b>	36
<b>Number of unique users attending sessions</b>	<b>36</b>	<b>40</b>	<b>40</b>	<b>40</b>	N/A
<b>Number of users accessing services for the first time</b>	<b>3</b>	<b>13</b>	<b>13</b>	<b>13</b>	<b>42</b>
Members of the Board/trustees attending capacity	N/A	N/A	N/A	N/A	1

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<b>Outputs</b>	<b>Apr/Jun 2017</b>	<b>Jul/Sep 2017</b>	<b>Oct/Dec 2017</b>	<b>Jan/Mar 2018</b>	<b>TOTAL</b>
Number of Tuesday sessions, for older people	8	4	8	10	30
Number of regular attendees at Tuesday sessions ( <b>average of 9 per session</b> )	<b>72</b>	<b>36</b>	<b>82</b>	<b>90</b>	<b>270</b>
Number of Friday sessions, for participants with dementia and their carers	8	4	8	10	30
Number of regular attendees at Friday sessions ( <b>average of 15 per session</b> )	<b>120</b>	<b>60</b>	<b>120</b>	<b>150</b>	<b>450</b>
<b>Number of taster sessions delivered (to at least 12 participants)</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>5</b>
<b>Number of attendances at taster sessions</b>	<b>12</b>	<b>24</b>	<b>12</b>	<b>12</b>	<b>60</b>
<b>Number of unique users attending sessions</b>	<b>42</b>	<b>52</b>	<b>42</b>	<b>42</b>	<b>N/A</b>
<b>Number of users accessing services for the first time</b>	<b>13</b>	<b>22</b>	<b>13</b>	<b>13</b>	<b>71</b>
Members of the Board/trustees attending capacity building training	N/A	N/A	N/A	N/A	1

<b>Outputs</b>	<b>Apr/Jun 2018</b>	<b>Jul/Aug 2018</b>	<b>Sep/Dec 2018</b>	<b>Jan/Mar 2019</b>	<b>TOTAL</b>
Number of Tuesday sessions, for older people	8	2			10
Number of regular attendees at Tuesday sessions ( <b>average of 9 per session</b> )	<b>88</b>	<b>22</b>			<b>110</b>
Number of Friday sessions, for participants with dementia and their carers	8	2			10
Number of regular attendees at Friday sessions ( <b>average of 15 per session</b> )	<b>120</b>	<b>30</b>			<b>150</b>
<b>Number of taster sessions delivered (to at least 12 participants)</b>	<b>1</b>	<b>2</b>			<b>3</b>
<b>Number of attendances at taster sessions</b>	<b>12</b>	<b>24</b>			<b>36</b>
<b>Number of unique users attending sessions</b>	<b>45</b>	<b>55</b>			<b>N/A</b>
<b>Number of users accessing services for the first time</b>	<b>12</b>	<b>22</b>			<b>38</b>
Members of the Board/trustees attending capacity building training	N/A	N/A			NA