**Healthy Fenland Suggestions for Reporting on Indicators**

**Community groups or projects will need to report the impact of their project by measuring some of the indicators listed below in Blue. Suggestions for reporting have been made in Red but we know your group/project may not fit with these. Please, feel free to report on what is relevant to your group/project as what are listed below are only examples.**

**Groups will need to report the impact of at least one and no more than three of the following seven indicators**:

1. **Number of activities promoting healthy lifestyles**

e.g.

People doing things that make them more active

Becoming better informed about eating more healthily

Taking part in things that improve mental health

Doing things with others which make people less isolated etc

1. **Number of people participating in activities promoting physical /mental health.**

e.g.

Walking, playing a sport, gardening, dog walking, going on trips.

People having more active minds through being creative such as participating in art, creative writing, photography or attending a reading group

People are avoiding the effects of depression by being more active (as above)

People will be less isolated or less depressed by going on trips or doing things with others etc.

1. **Number of people reporting improved physical / mental / emotional health.**

e.g.

In a questionnaire

A survey

One to one feed back

In an event evaluation

Through a case study

1. **Number of people who gain new skills as part of the project**

**e.g.**

Doing something new

Doing something better

Improved confidence

Improving people’s opportunities

1. **Number of new volunteer opportunities as a result of the project**

e.g.

Gaining new volunteers

Existing volunteers undertaking a new role or working with different people

1. **Number of people who participated in community activities as a result of the project.**

e.g

Attended your event

People attending other activities as a result of attending your event

People referred to another group or activity

People received information about other groups or activities

1. **Number of people accessing support services as a result of the project.**

e.g.

People referred to another group or activity

People received information about other groups or activities