

A Positive Journey

- Final Evaluation Report -

SUMMARY

Grundtvig partnership project “A Positive Journey” was delivered by 5 organizations from UK, Greece, Italy and Lithuania. Project duration was two years. During project implementation 5 partnership meetings were organized. In order to assess projects’ impact on staff and learners involved evaluation activities were carried out. Evaluation of the project was ŽISPB (Lithuania) responsibility. Transnational partnership meetings were evaluated using two questionnaires. All participants of the meeting in the end of meeting filled questionnaire of two parts. First part of questionnaire was oriented towards finding out to what extent partnership meeting meet participants expectations. Second was to identify strong and weak parts of the meeting in order to organize second meetings better. In total 60 questionnaires were collected. Results show that participants were mainly satisfied with meetings organization, project implementation and delivery of results. In the open questions partners provided suggestions for planning of the next meetings.

On projects’ webpage online questionnaire was published in order to evaluate project idea. In total there were 13 answers from web page visitors. Results show that for most of respondents project idea seemed to be interesting, innovation of activities were also evaluated quite high. In total project and webpage was evaluated well or very well.

WEMWS questionnaires were used in order to measure projects’ impact on learners well being. All findings of WEMWBS questionnaires states that project had a positive impact on participants’ mental health and well-being in all organizations which used WEMWBS scale. Results show that post project activities participants felt loved more than before project implementation. As well increase were captured in areas around being optimistic, being able to deal with problems well, confident, able to make up their mind about things and being interested in new things.

Considering findings of evaluation activities we can state that project objectives were met. Project had significant impact on staff, learners and others involved in the project.

1. Introduction

This report gathers available evaluation data on work sessions held under A Positive Journey (APJ) project, from 1st September 2013 to 31st July 2015, ran by Plymouth & District Mind Association – UK (coordinator), Mental Health Center / General Hospital Of Agrinio – GR,

Žmogiškųjų išteklių stebėsenos ir plėtros biuras – LT, Volunteer Cornwall – UK, Cittadinanza Onlus – IT.

The aim of this Evaluation Strategy is to ensure that the results and deliverables of the project “A Positive Journey” are of high quality and meet the objectives stated in the work plan.

The evaluation methods help measuring the project’s progress and products, so that appropriate corrective actions can be taken if the project’s performance deviates significantly from the plan.

Evaluation Strategy was used by:

Project Coordinator, Project Partners.

SCOPE

Evaluation of the project progress was also done during the scheduled partnership meetings, as well as in between through email questions and during the Skype meetings. Evaluation of results, in turn, concerns all the key deliverables of the project.

INDICATORS AND CRITERIA

Evaluation addressed the following criteria:

- the deliverable covers the objectives stated in the work plan;
- the deliverable is complete (i.e., there are no missing parts, non-existing references, topics not covered, or arguments not properly explained);
- quality of the deliverable is acceptable (with respect to organization of topics, readability, illustrations and errors);
- usability of the deliverable is adequate;

Evaluation instruments:

1. Working Phase Evaluation Questionnaires to measure partners’ experiences between meetings.
2. Meeting Evaluation Questionnaire to measure partners experience of the joint meetings.
3. Online Questionnaire of the evaluation of the project and web page.
4. WEMWBS scale questionnaires to measure impact on volunteers/ learners.

Working Phase Evaluation Questionnaire

Evaluates processes of partnership - drove our project forward and ensured the effective and efficient delivery of activities, results and milestones. Our procedures were designed to maintain good relationships within our partnership.

It was produced by Žmogiškųjų išteklių stebėsenos ir plėtros biuras, partner organization with specific responsibility on projects internal evaluation, in straight cooperation with APJ partnership. Evaluation results, here compiled, were shared and validated by all partner countries during project implementation providing a basis for continued discussion about activities and products improvement.

Members of APJ partnership are available for further information about activities held on each country partner.

During project implementation the website of the project was created. The evaluation of the project questionnaire was put in the website. By the help of this questionnaire it was possible to see how people who were not involved in the project evaluated project activities.

Table 1 – Internal Evaluation of APJ Transnational Work Sessions

Transnational Visits			Work Sessions		
No.	Country	Partner	Date	Type	Evaluation forms
1	Greece	Mental Health Center / General Hospital Of Agrinio	9/12/2013 13/12/2013	Meetings & Visits	16
2	United Kingdom	Plymouth & District Mind Association- UK	5/5/2014 9/5/2014	Meetings & Visits	12
3	Lithuania	Žmogiškųjų išteklių stebėsenos ir plėtros biuras	8/9/2014 12/9/2014	Meetings & Visits	15
4	Italy	Cittadinanza Onlus	20/4/2015 24/4/2015	Meetings & Visits	33
5	United Kingdom	Volunteer Cornwall	15/6/2015 19/6/2015	Meetings & Visits	16

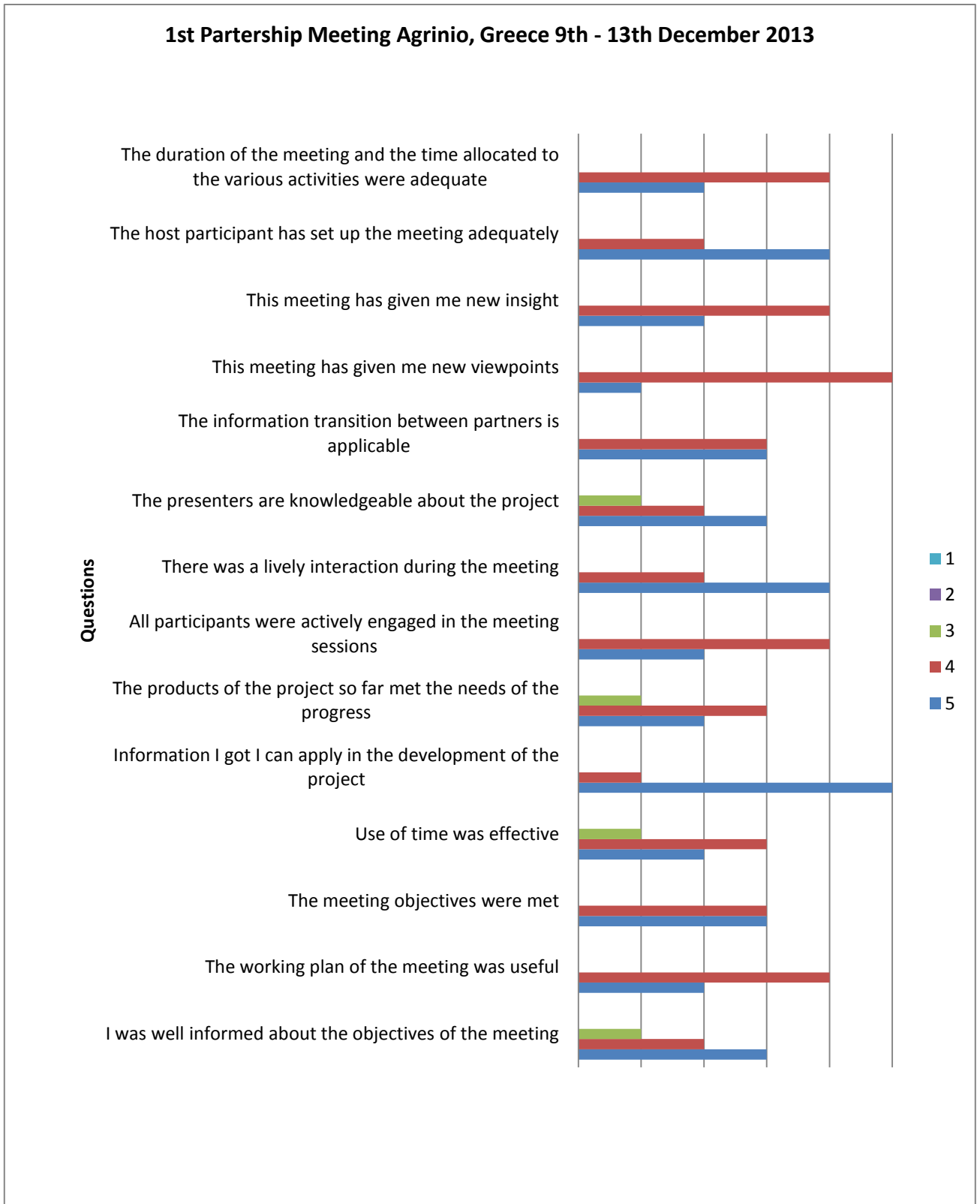
The duration of the project was two years. Project partners have met five times, the first meeting took place in Greece, second one in United Kingdom, third in Lithuania, fourth in Italy and last one in United Kingdom again. In total 60 filled questionnaires were collected.

2. Partnership meetings & visits

For the evaluation of partnership meetings and visits, participants - mainly staff, learners and other guests from partner organizations that took part in work sessions – were asked to assess, from 5 (strongly agree) to 1 (strongly lower) a list of specific and relevant items for supporting monitoring and self-evaluation of work sessions effectiveness and objectives and activities accomplishment.

The first partners' meeting was held on the 9-13th of December in the city of Agrinio, Greece. During the meeting partners filled the evaluation questionnaires. According to the evaluation questionnaires' results it can be claimed that the majority of partners have positively assessed the first meeting (Graphic 1).

Graphic 1 – APJ Partnership & Meetings Self-Assessment



Scale: 5 – highest score; 1 – lowest score to

Figure 1

The bar chart No. 1 presents the answers of the participants who took place in the meeting. It could be seen the majority of the participants positively evaluated the meeting, however there were neutral answers like: The presenters are knowledgeable about the project The products of the project so far met the needs of the progress, Use of time was effective, I was well informed about the objectives of the meeting. According to the overall answers it could be said that future meeting needs improvement.

In the open questions partners provided suggestions for the next meeting.

1. What is least valuable about this meeting?

Everything in this meeting was valuable because it's the first project meeting

All ok

All ok

The meeting was all valuable

2. What is most valuable about this meeting?

The most valuable is the information about the particular tasks that must be implemented

Getting to know partners

Confirmation of understanding of roles. Getting to know participants

Meeting our new partners, developing relationships and forming the team

Knowledge of different opinions, showing different points of view

To make concrete the work plan with the steps to take to reach the objectives. To meet with the patient and talk with him about his positive journey

3. What would you suggest to improve the next meetings?

More effective use of time (time limit for presentations)

Nothing to suggest

Nothing to suggest

None

I suggest using a board to write down interesting key concepts

4. Was there anything you did not understand during the sessions? Please provide specific examples.

I would like to get more specific information about the structure of 'toolkit'

All clear

All clear

No

Something's been lost in translation but has been recovered after

No

5. Please describe any difficulty encountered before, during and after the visit.

More concreteness related to the tasks ascribed

No any difficulties

No difficulties encountered

None

A few difficulties in being introduced into the meaning of the project. From theory to practice (starting up)

6. What other specific comments do you have?

See all questions above

No comments

Everyone made valuable contributions. Valuable service user presentation

Very good meeting. I am filled with enthusiasm about walking on the project and interacting with our new partners our team APJ

7. What do you like to discuss the next meeting?

It will be clear during the process of the work (questions arise when working)

Nothing for moment. We'll see in the next month

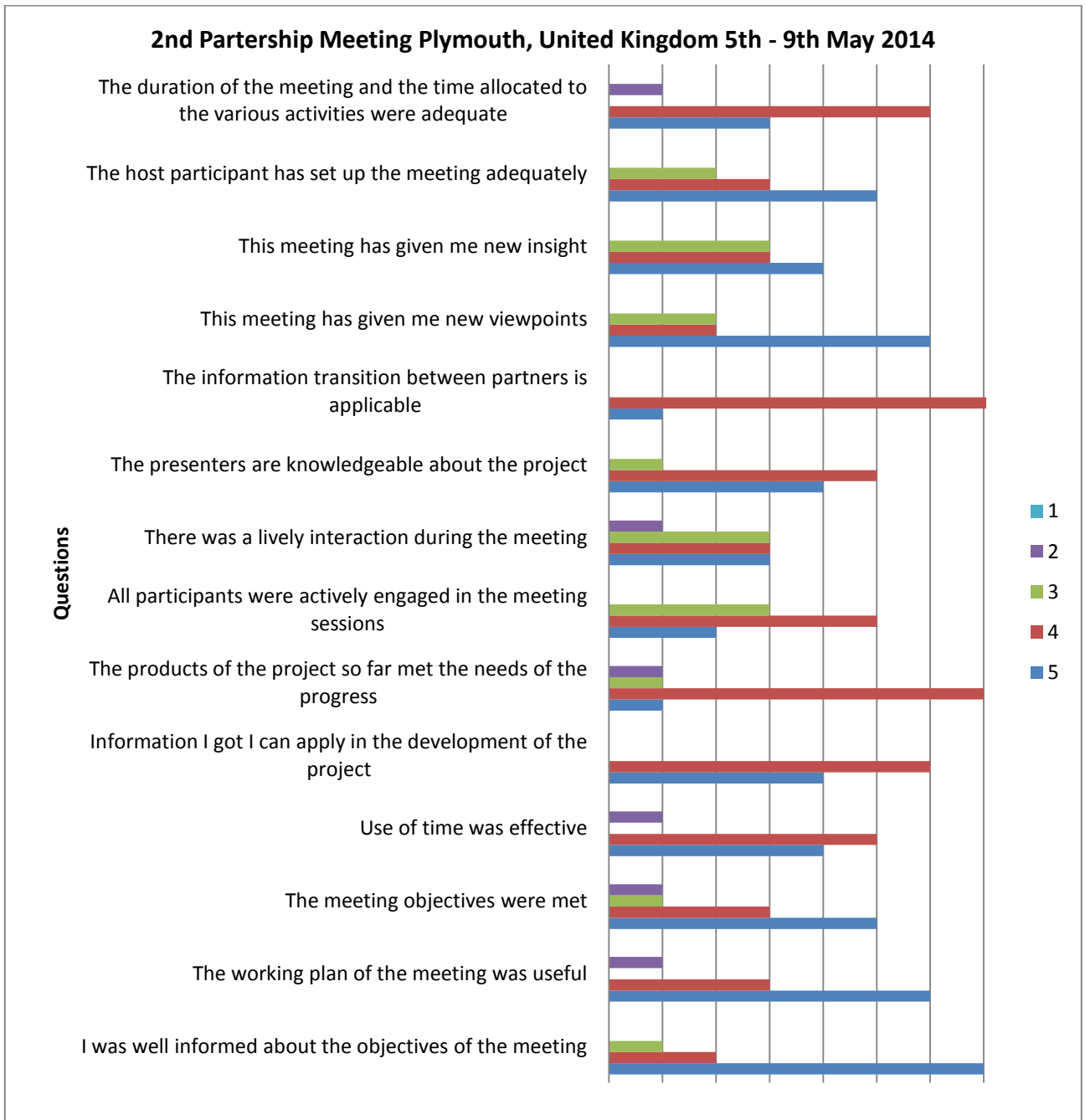
How partners recruited the people for the histories. How the partners organized the interviews

Partners positively evaluated project meeting they gained knowledge about each other and what each of them will have to do in the project. However, not all understood how to use the toolkit and participants expressed the wish to discuss its usage during the next meeting.

Partners also expressed the wish that during the next meeting the time for presentation would be limited.

The second partners' meeting was held on the 5-9th of May in the city of Plymouth, United Kingdom. During the meeting partners filled the evaluation questionnaires. According to the evaluation questionnaires' results it can be claimed that the majority of partners have positively assessed the first meeting. In the open questions partners provided suggestions for the next meeting.

Graphic 2 – APJ Partnership & Meetings Self-Assessment



Scale: 5 – highest score; 1 – lowest score to

Figure 2

In the bar chart No. 2 it could be seen that participants evaluated the second meeting neutrally and the minority of answers were negative.

Partners negatively evaluated the following: The duration of the meeting and the time allocated to the various activities were adequate, There was a lively interaction during the meeting, The products of the project so far met the needs of the progress, Use of time was effective, The meeting objectives were met, The working plan of the meeting was useful

In the open questions partners provided suggestions for the next meeting.

1. What is least valuable about this meeting?

Some parts of meeting were boring a little

All good

Everything is valuable

Different partners couldn't visit Plymouth. Not many workshops or dynamic activities, not clear communication

2. What is most valuable about this meeting?

To know more about project of all partners

Meeting partners, exchanging positive stories

Meeting with people involved in the interviews/people and their positive journeys. Trainings on stresscare colour wheel

Meeting new participants, meeting face to face gives clear understanding of project progress. Host partner provided us supportive info

To meet partners and the projects

Stress care colour compass

3. What would you suggest to improve the next meetings?

Nothing, maybe more interesting thing to do

Better weather

More concrete experiences by psychiatric clients

To organize more visits. To be involved in more concrete activities

Nothing

4. Was there anything you did not understand during the sessions? Please provide specific examples.

No

All clear

All clear

No

No

No

5. Please describe any difficulty encountered before, during and after the visit.

No

None

Some issue in organizing the travel

No any

We could do many workshops to know better different partners. We could do a trip in Plymouth. We spent 5 hour in a small village (Looe) and it wasn't interesting

6. What other specific comments do you have?

No

Improve communication through huddle or mails among the partners

No comments

More dynamic activities, workshops, more digital presentations, more communication, to talk more about a positive journey. I couldn't understand agenda (only 1day for "A positive journey") I didn't understand explications about "Recovery College" twice. We could share our work experience.... Agenda must be improved for the next time!

7. What do you like to discuss the next meeting?

Will see

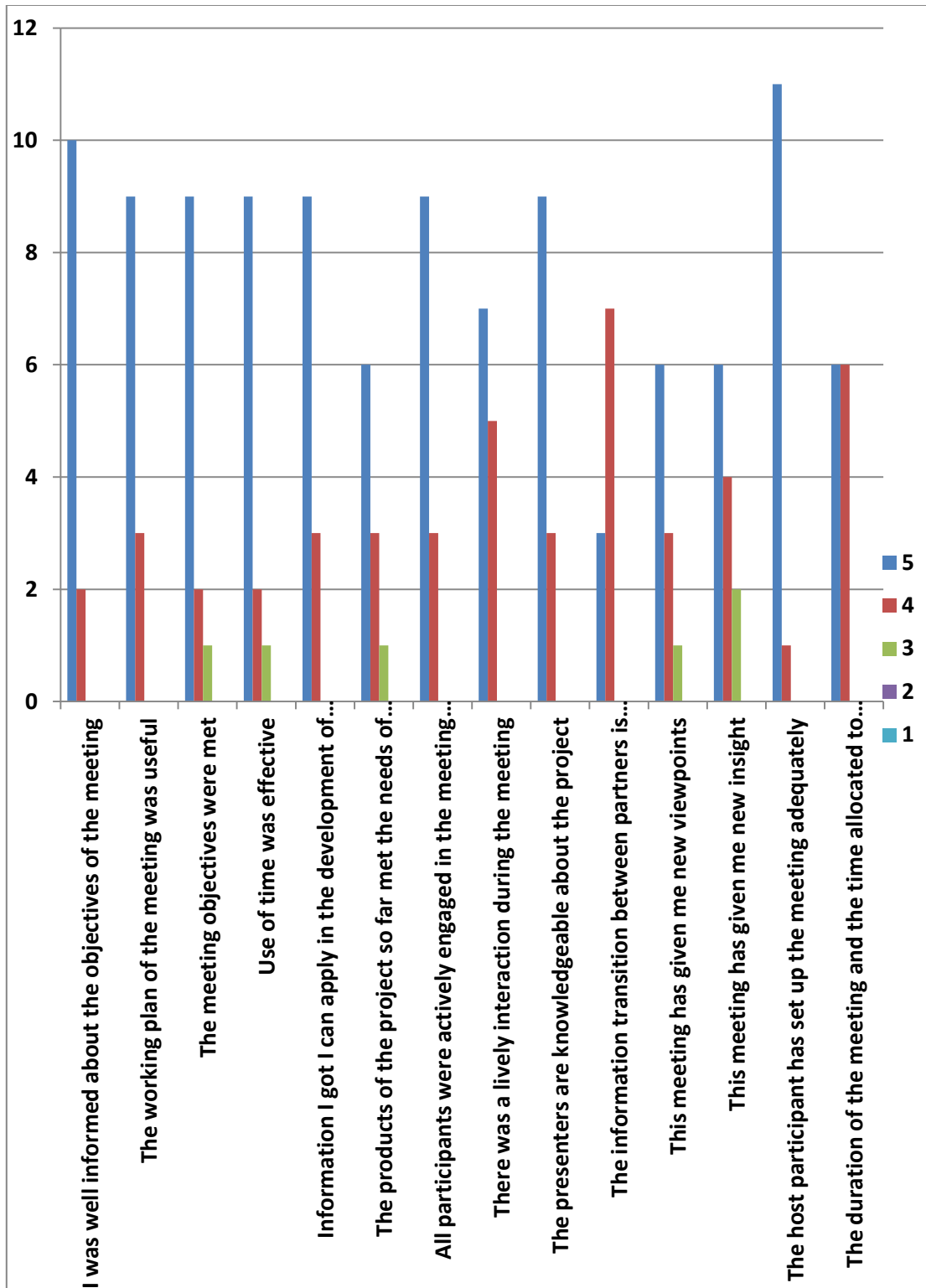
Progression of positive journeys

To organize visits to public and / or private organizations / structures working with mental health disorders (especially in UK). To participate in an interview or more than one of the users that are part of APJ

Some of the partners evaluated the meeting positively while others lacked clarity and dynamics. Others for the next meeting would like to improve the following: organization, to learn more about the project, to exchange the knowledge about the work practice and to participate in workshop.

Third partnership meeting was held in Šiauliai, Lithuania. In the end of this partnership meeting 15 filled questionnaires were collected.

Graphic 3 – APJ Partnership & Meetings Self-Assessment
 3rd Transnational Visit Evaluation – Šiauliai, Lithuania 2015.09.09 – 2015.09.11



Score: 5 - highest; 1 – lowest

Were the time of starting and ending the daily meetings adequate?

- Yes (9)
- No(0)
- It would be better to start earlier (3)
- It would be better to start later (0)
- It would be better to end earlier (0)
- It would be better to end later (1)

Did presentations meet your expectations?

- Yes (10)
- No (0)
- Presentations should have been more thorough (0)
- Presentations should have been with less detail (0)
- Presentations should have more structure (1)
- Presentations should have been more on topic (0)
- Presentations were perfect (1)
- Other (Please fill in): *More time needed.*

How do you evaluate the presentations on „How do we find people for the interviews“?

- I will use some of the new methods presented (2)
- I have the same ways for finding people (8)
- I found some new ideas for finding people (3)
- Other (Please fill in)

Did educational and cultural programme meet your expectations?

- Yes (12)
- No (0)
- There should have been more educational/ cultural programmes (0)
- There should have been less educational/ cultural programmes (0)

How do you evaluate the two speakers who gave presentations of their stories?

- It was interesting (10)
- It was not interesting (1)
- It helped to better understand project (4)
- It was inspiring (6)

How do you evaluate the visits to social care homes?

- It was interesting (10)
- It gave me some new ideas for implementation (3)
- It wasn't something new or interesting (0)
- Other (Please fill in): *I made some new contacts for the mental health facility regarding the Special Olympics and linking the music teacher with some organisations in the U.K. At the mental health hospital (morning – Wednesday) I gained some really good ideas for activities and services at a new learning disability centre I am helping develop.*

What would you like to discuss in the next meeting?

I would like to discuss about how making a positive trip - a tool for everyone, either is a professional or receiver of health or social services.

I would like to discuss about how using in practice all the things we have worked on until now.

Consolidation of products. Celebrity interview reviews. Preparation of final event Cornwall. Preparation of final report.

About final meeting in Cornwall – Edem project, how partners prepare for final meeting.

The final meeting in Cornwall.

I would like to discuss how can the project effect to the changes that are expected the next decade.

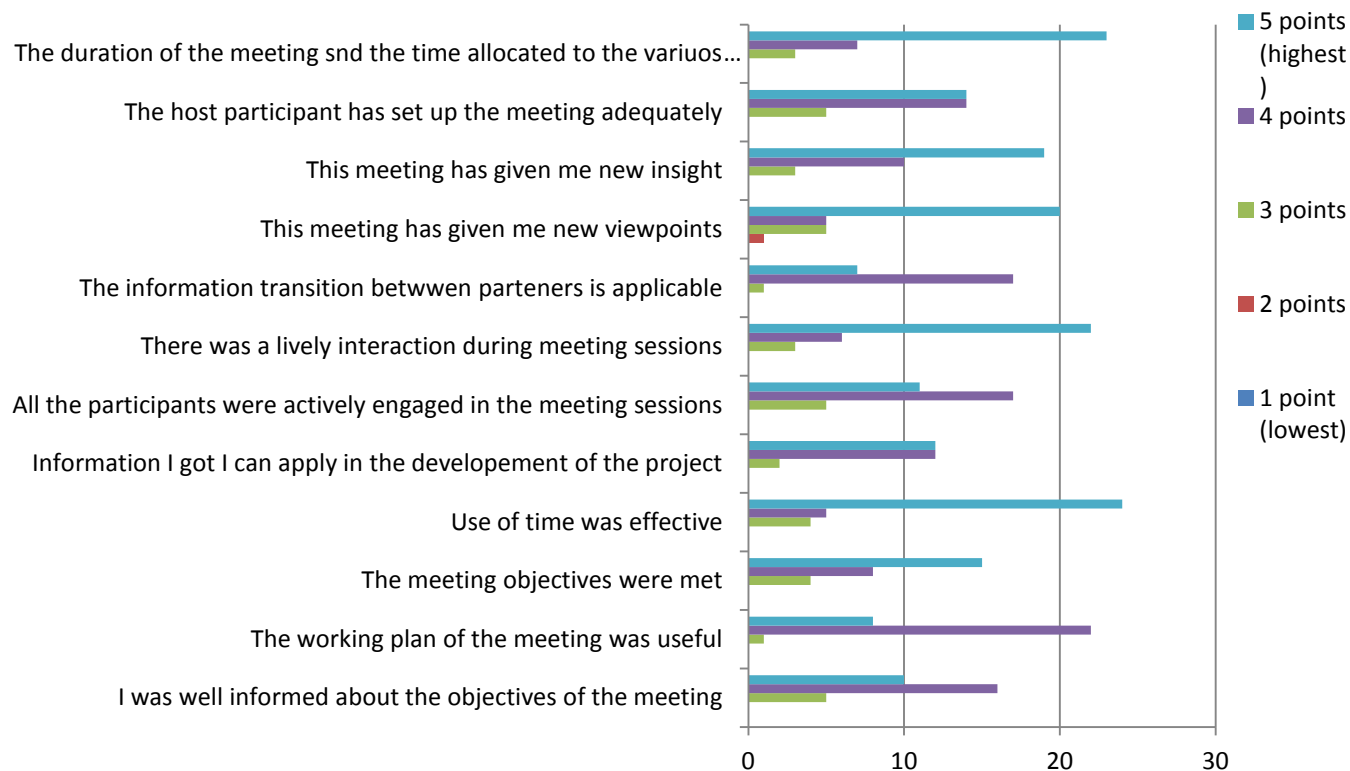
I would like to discuss about how can people with mental or psychological other health problems can access the project by the social media.

Final evaluation. Final event.

According to the evaluation questionnaires' results it can be claimed that the majority of partners have been satisfied by the meetings' working plan and discussions/presentations during meeting. The meeting objectives were clear and met. For half of the participants meeting gave new insight and new viewpoints. All of the participants enjoyed cultural/ educational programme. In the open questions partners provided suggestions for the next meeting which mainly included discussions on final meeting, final report and evaluation.

In the end of the 4th transnational project meeting in Rimini, Italy participants received evaluations questionnaires in order to evaluate the meeting. 33 questionnaires were filled.

Graphic 4 – APJ Partnership & Meetings Self-Assessment
4th Transnational Visit Evaluation – Rimini, Italy (2015.04.20-24)



Were the time of starting and ending the daily meetings adequate?

- Yes (28)
- No
- It would be better to start earlier (3)
- It would be better to start later (2)
- It would be better to end earlier (1)
- It would be better to end later

Did presentations meet your expectations?

- Yes (25)
- No
- Presentations should have been more thorough
- Presentations should have been with less detail (1)
- Presentations should have more structure (1)
- Presentations should have been more on topic (2)
- Presentations were perfect (5)
- Other (Please fill in) (1 good IT)

How do you evaluate the discussions on project dissemination, evaluation and Best practice tool kit?

- I was useful (9)
- It helped to organize future work (5)
- It was not useful
- Other (Please fill in) (4 N/A)

Did educational and cultural programme meet your expectations?

- Yes (17)
- No (9)
- There should have been more educational/ cultural programmes (5)
- There should have been less educational/ cultural programmes

Does everything about last project meeting and final report was cleared out?

- Yes, everything is clear (8)
- Yes, everything was clear before this meeting (4)
- No (please specify: (4 N/A)

How do you evaluate the visits to Zavatta Centre and Residenza psichiatrica?

- It was interesting (17)
- It gave me some new ideas for implementation (5)
- It wasn't something new or interesting (12)
- Other (Please fill in) "It was interesting, however I would have time to see more."

What would you like to discuss in the next meeting?

„The next meeting is the final meeting! Expecting great final meeting with many great positive stories.”

“The possibility to continue the objectives of the meeting.”

“I would like to see a sort of time lap of the project start and development.”

“How better to secure programme funding for the projects we have heard about during this meeting – how can we as a group help others to publicize the great work that they do.”

“Stresscare, involvement in future projects.”

“How can we continue these innovative partnerships.”

“how to create opportunities for future projects – share visions and passions.”

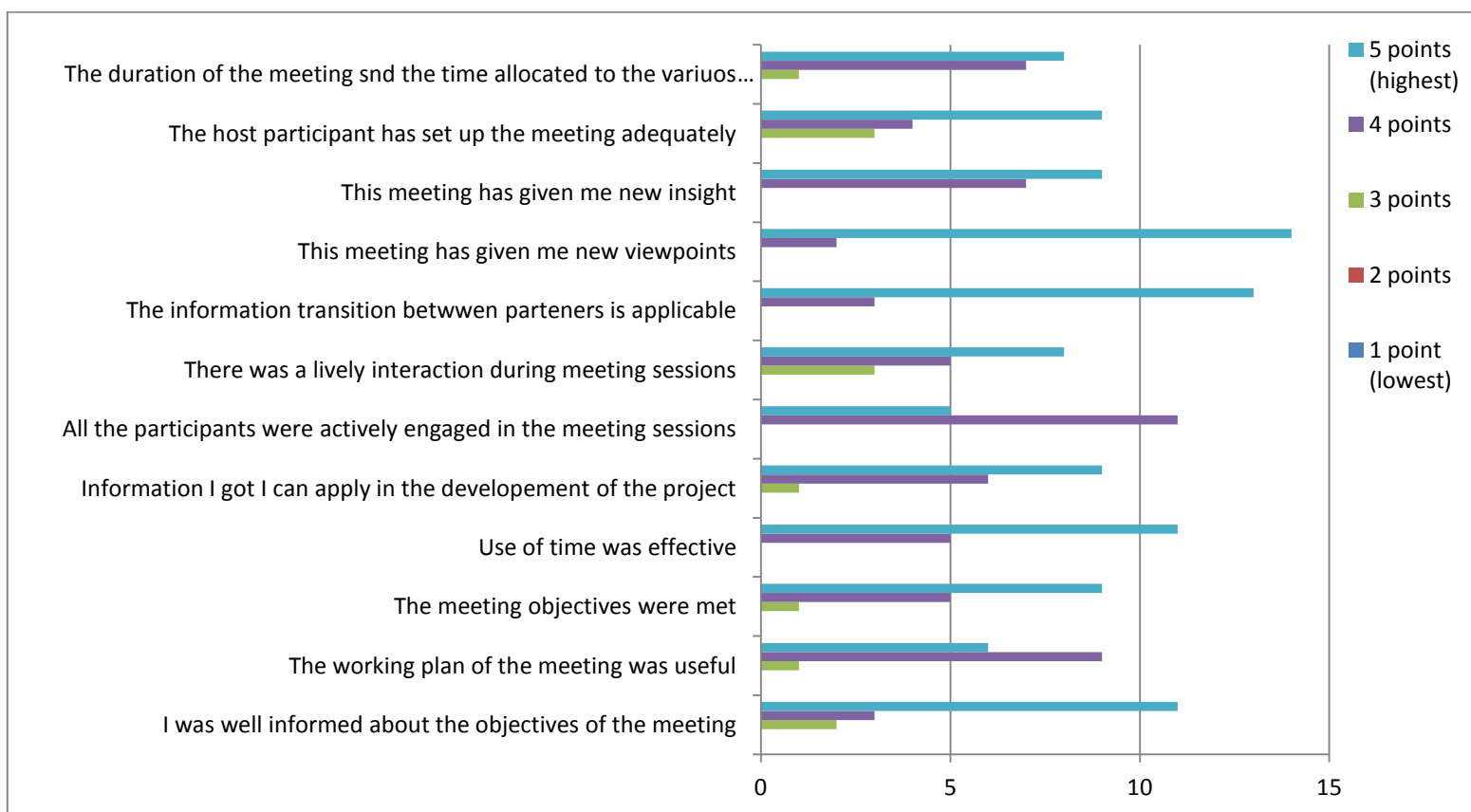
Questionnaires results shows that it is important to state clearly what is the objectives of the meeting (10 participants evaluated that objectives were clearly stated, 16 evaluated by 4 scores, 5 by 3 scores). Majority of participants evaluated the working plan of the meeting as useful. Use of the time, interaction between partners during meeting sessions, the duration of the meeting and the time

allocated to the various activities was evaluated in highest score. Most 3 points were given to stating of meetings objectives, all participants' active involvement into meeting sessions, setting up of the meeting by host partner and meetings relation to new viewpoints.

Filled questionnaires also revealed that time of starting and ending the daily meetings were adequate, presentation meet participants expectations, discussions on project dissemination, evaluation and Best practice tool kit were useful. Half of participants enjoyed educational and cultural programme which meet their expectations, nearly one third of participants were not satisfied by cultural and educational programme. Biggest differences of opinions were on the visits to Zavatta Centre and Residenza psichiatrica. For 17 participants it was interesting, but 12 participant evaluated visits as not new or interesting.

In the end of the 5th transnational project meeting in Cornwall, United Kingdom participants received evaluation questionnaires in order to evaluate the meeting. 16 questionnaires were filled.

Graphic 4 – APJ Partnership & Meetings Self-Assessment
5th Transnational Visit Evaluation – Cornwall, United Kingdom (2015.06.15-19)



Were the time of starting and ending the daily meetings adequate?

- Yes (9)
- No
- It would be better to start earlier (3)
- It would be better to start later (3)
- It would be better to end earlier (2)
- It would be better to end later

Did conference meet your expectations?

- Yes (16)
- No
- Other (Please fill in)

How do you evaluate the progress done by partners since Rimini meeting?

- There is progress done by all partners (11)
- Progress done by some partners (5)
- No progress
- Other (Please fill in)

Did educational and cultural programme meet your expectations?

- Yes (14)
- No
- There should have been more educational/ cultural programmes (1)
- There should have been less educational/ cultural programmes (1)

Does everything about final report was cleared out?

- Yes, everything is clear (10)
- Yes, everything was clear before this meeting (6)
- No, please specify:

How do you evaluate the impact of the whole project?

- Project had an impact on all participants (15)
- Project had an impact on all learners (11)
- Project had an impact on all participants but smaller than expected (1)
- Project had an impact on all learners but smaller than expected
- Project had no impact on participants
- Project had no impact on learners
- Other (Please fill in)

Results from first part of the questionnaires shows that all aspects were evaluated well or very well (3, 4 or 5 points out of 5). Participants answers shows that they were well informed about the objectives of the meeting, use of time was effective, the information transition between partners was applicable, meeting gave new viewpoints. For most participants time of starting and ending the daily

meetings were adequate. Partners rated conference exceptionally well. 11 out of 16 participants claimed that progress on project activities was done by all partners. Educational and cultural programme meet partners' expectations. Results show that there are no unanswered questions about final report. All partners evaluated that the project had great impact either on participants, learners or both.

Questionnaires filled during transnational partnership meetings shows that partners were mainly satisfied with meetings organization, project implementation and delivery of results. In the open questions partners provided suggestions for planning of the next meetings

3. Online evaluation of the project and web page

ŽISPB created online questionnaire for the webpage in order to evaluate project idea, in total there were 13 answers.

Website visitors were asked if the idea of the project is innovative. Seven respondents strongly agree with that statement, 5 agree and 1 feels neutral. Innovation of activities was also evaluated quite high. Most of respondents agreed with the statement (7), 4 strongly agreed and 2 felt neutral. While evaluating innovation of used methodology answers distributed evenly. Respondents were also asked to measure concreteness of project objectives. One respondent did not agree with the statement that objectives are concrete (disagree), 6 – agreed, 5 – strongly agreed. About the expected project results relation to the project activities one respondent skipped this question, other 12 felt neutral, agreed or strongly agreed with this statement. Respondents measured if goals are realistic and achievable: 3 strongly agree, 8 agree, 2 – neutral.

There were several questions about project webpage as well. Respondents were asked to evaluate text and language in the project website, if it is understandable. Seven respondents strongly agree with this statement, 5 agree and only one feels neutral. Consider smooth use of functions answers showed practically same results: 6 – strongly agree, 6 – agree; 1 – neutral.

Questionnaire included statement that target group is clearly defined. 8 respondents strongly agreed with this statement, 4 – agreed, 1 – neutral. Last statement evaluated visibility of European dimension. Answers distributed similarly: 8 strongly agree; 4 – agree; 1 – neutral.

4. WEMWBS evaluation

During project implementation we used WEMWBS tool (Warwick – Edinburgh Mental Well-being Scale). This tool measures the impact of the project to participant's mental wellbeing. WEMWBS were self-completed by participants two times during project, first was before project activities, second – after project activities, at least two weeks in between. Responses were coded and remained anonymous. Use of WEMWBS tool is part of qualitative evaluation of the project. In total 72 WEMWBS scales were completed by learners from UK, Lithuania and Greece involved in project activities.

WEMWBS results in Lithuania, ŽISPB

WEMWBS results show significant increase in most of the areas covered by this scale to ŽISPB volunteers participating in APJ. Highest scores pre-project activity were around *thinking clearly*, post project activity highest scores were found around *being optimistic, being able to deal with problems well, confident, able to make up their mind about things* and *feeling loved*. These results show that after project activities volunteers felt good about more areas than before project activities. Lowest score pre project activity were found around being able to make up your own mind which after project activities became one of the highest ranking. Post project activities a decline was captured around being relaxed. Average increase in all areas was captured by 0,33 points.

WEMWBS results in UK, PADMA

The APJ project had a statistical meaningful significant change in mental well being for the Plymouth Mind volunteers who took part in activities during the project delivery. Highest scores pre and post project activity were around *being interested in new things*, as opposed to being interested in other people. Males statistically showed higher increase in mental well being than females who were involved in the project - this could be because they scored lower pre-project activity. For males 223 against 243 for females. Total discrepancy gap 20 prior to activity. Total discrepancy gap 2 post activity.

WEMWBS results in Greece, MHCA

The APJ Project had a statistical meaningful significant change in mental well-being for the MCHA participants who took part in activities during the project delivery. Highest scores pre project were around *feeling loved*, as opposed to being energetic. Highest scores post project were about

feeling loved, as opposed to being relaxed. Females statistically showed higher increase in mental well-being than males (264 against 262 pre project and 344 against 331 post project).

WEMWBS results in UK, Volunteer Cornwall

“A Positive Journey” impact on learners was measured by WEMWBS scale. Scales results shows that project had a positive impact on learners mental well being. Most of learners felt more confident after the project, biggest increase was captured by 9 points in WEMWBS scale. None of the learners experienced a decrease in mental well being.

To sum up all findings of WEMWBS questionnaires we can state that project had a positive impact on participants’ mental health and well-being in all organizations which used WEMWBS scale. Results show that post project activities participants felt loved more than before project implementation. As well increase were captured in areas around being optimistic, being able to deal with problems well, confident, able to make up their mind about things and being interested in new things.

Evaluation of the projects’ impact on learners in Italy, Cittadinanza Onlus

After discussion with participants and educators of local partners Cittadinanza decided not to use WEMWBS questionnaire. Results were assessed through a collective evaluation session during last meeting, after the return from Cornwall. Participants were invited to express their opinion about the project, talking in turns. Positive comments were expressed by all the participants.

With the use of a flipchart, opportunities effectively offered by the project were proposed and voted (max 3 preferences):

- Share interests (8) (in particular music, theatre, painting, cooking)
- Increase self-esteem (6)
- Express feelings (5)
- Fight stigma (4)
- Prevent isolation (4)
- Know what people from other countries do (3)
- Travel abroad (1)

Participants were also invited to give their suggestion for future projects, starting from what could have done differently in “A Positive Journey”. Several participants asked for more meetings, some proposed to organize a party against stigma in the city centre main square. Some expressed the desire of being more involved when guests come from abroad, performing live music and celebrating with cakes.

Some of the participants wanted to give their advice to people who are trying to overcome difficulties: avoid isolation, do not hesitate to ask for help, meet friends.