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An evidence-based participatory approach to designing and evaluating the TLWT project





Outline

- My role in the project & how we worked together
- What loneliness is and what works in tackling it
- The participatory evaluation approach & use of logic models
- How you can benefit from this approach to project design and evaluation





My role in the project

Project design

• Undertaking a review of evidence on loneliness, young people & transport, to support evidence-based design of pilots

Project evaluation

- Setting up logic maps and monitoring & evaluation plans for each pilot, codesigned with pilot leads and CRN (participatory approach)
- Supporting data collection
- Undertaking data analysis and interpretation

Dissemination

• Supporting reporting and dissemination









- Loneliness is different from social isolation
- Social isolation: objective measure based on the number of people in a person's social network.
- Loneliness: subjective feeling when there is a gap between a person's actual and desired social relationships





Loneliness & young people

Loneliness more likely to affect young people

By Sean Coughlan

BBC News education and family correspondent





Schools & departments MyEd

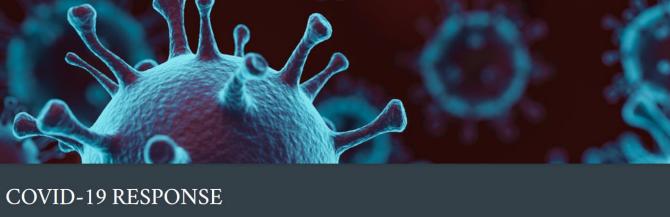
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Loneliness is more likely to affect younger people and women, say researchers



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Young adults are more like study from the Office for N

Latest news

Loneliness in young people increased during lockdown

Loneliness in young people increased during lockdown

The number of young people feeling lonely was three times higher during lockdown compared with pre-lockdown levels, a survey suggests.

The research found that almost 10% of people aged 16 to 24 were "always or often" lonely - the highest proportion of any age group.

This was more than three times higher than people aged 65 and over.

Covid-19 response home

w.ed.ac.uk/covid-19-response





What contributes to loneliness? What works in tackling it?

Rarely or never meeting with family or friends

Lacking sense of connection & belonging to the local community

Sociodemographics (age, gender ...)

Poor mental and physical health, disability

Feeling disconnected from or distrustful of others

Loneliness

Low self-esteem

Making it more acceptable to discuss loneliness & reducing the stigma

Encouraging positive use of social media

Involving users to co-design and provide input to the interventions

Creating opportunities for meaningful social connection through group activities (arts, visits ...) and social action

Promoting and using local assets and community spaces for activities

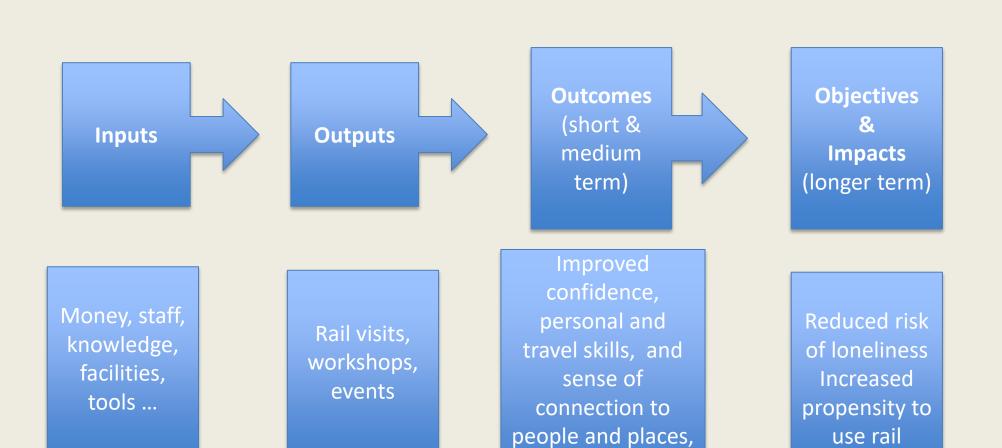
Developing users' personal skills and confidence in a safe environment

Basis for the three pilots





The Logic Model: a tool for participatory evaluation



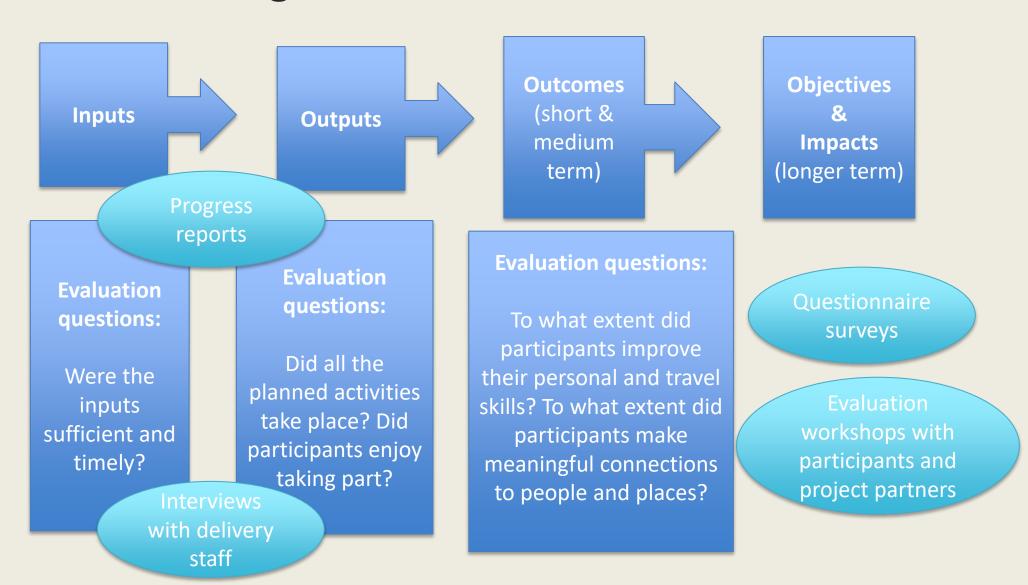
Expanded travel

horizons





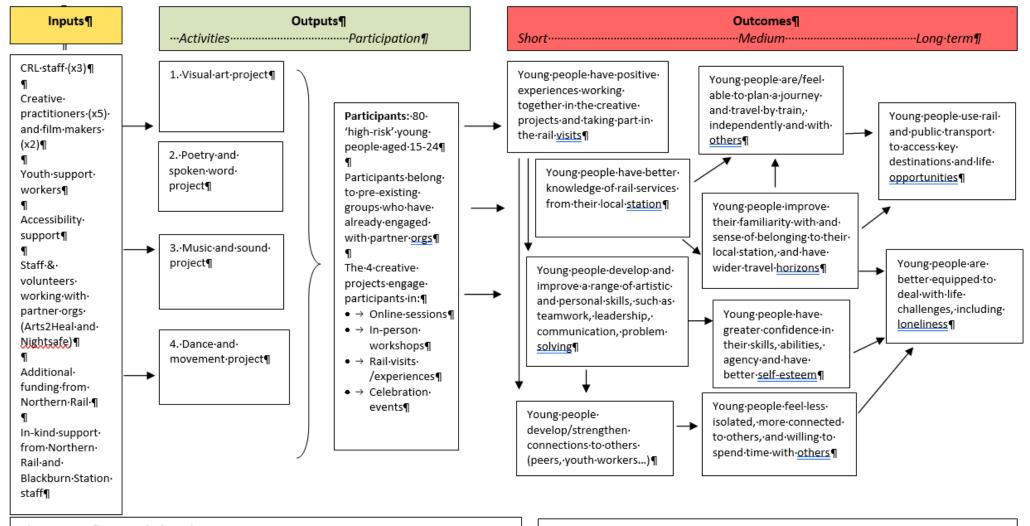
Logic model: how we used it



Logic·Model¶

Pilot·2:·Making·Connections¶

Brief-description-of-pilot: Delivered-by-Community-Rail-Lancashire-(CRL), it-comprises-4-distinctive-creative, youth-led-projects, focusing-on-Blackburn-Station, engaging-pre-existing-groups-of-young-people, running-from-August-2022-to-April-2023. The-four-projects-are-documented-through-film. The-pilot-culminates-with-a-series-of-celebration-events-at-the-station. ¶



The context & rationale for pilot: ¶

Local-young-people-experience-loneliness-and-isolation,-leading-to-high-risk-behaviour-(e.g.-trespassing).-Past-experience-with-local-youth-shows-that-positive-engagement,-e.g.-through-art-based-projects,-helps-address-these-issues-and-build-sense-of-ownership-to-station.-Because-the-pilot-relies-on-the-station-subway-being-available-and-train-services-being-operational,-any-changes/delays/cancellations-would-impact-on-the-pilot's-ability-to-achieve-its-aims.¶

Assumptions underpinning the logic model: ¶

 $From \cdot experience, \cdot CRL \cdot has \cdot learnt \cdot that \cdot it \cdot is \cdot vital \cdot to \cdot take \cdot people \cdot out \cdot on \cdot rail \cdot journeys \cdot to \cdot help \cdot improve \cdot their \cdot confidence \cdot in \cdot rail \cdot travel \cdot By \cdot having \cdot an \cdot external \cdot focus \cdot \cdot \cdot such \cdot as \cdot a \cdot creative \cdot project \cdot \cdot \cdot to \cdot build \cdot the \cdot engagement \cdot around, \cdot there \cdot is \cdot a \cdot lot \cdot more \cdot scope \cdot to \cdot build \cdot genuine \cdot and \cdot trust-filled \cdot rapport \cdot with \cdot the \cdot participants \cdot The \cdot selected \cdot creative \cdot practitioners \cdot are \cdot highly \cdot experienced \cdot with \cdot working \cdot with \cdot vulnerable \cdot young \cdot people \cdot \P$





How you can use and benefit from this approach

- Logic models help design interventions drawing on existing evidence
- Logic models help evaluate the effectiveness of the intervention in achieving its objectives – by gathering evidence (data)
- Useful to demonstrate value of your organisation, a programme or project, to your funders essential in a competitive environment!
 - At bid stage to secure funding
 - When reporting your results to demonstrate to what extent you have achieved your stated objectives and created positive impacts





Thank you!

Dr Miriam Ricci, Senior Research Fellow at the Centre for Transport and Society (until 31/07/23)

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