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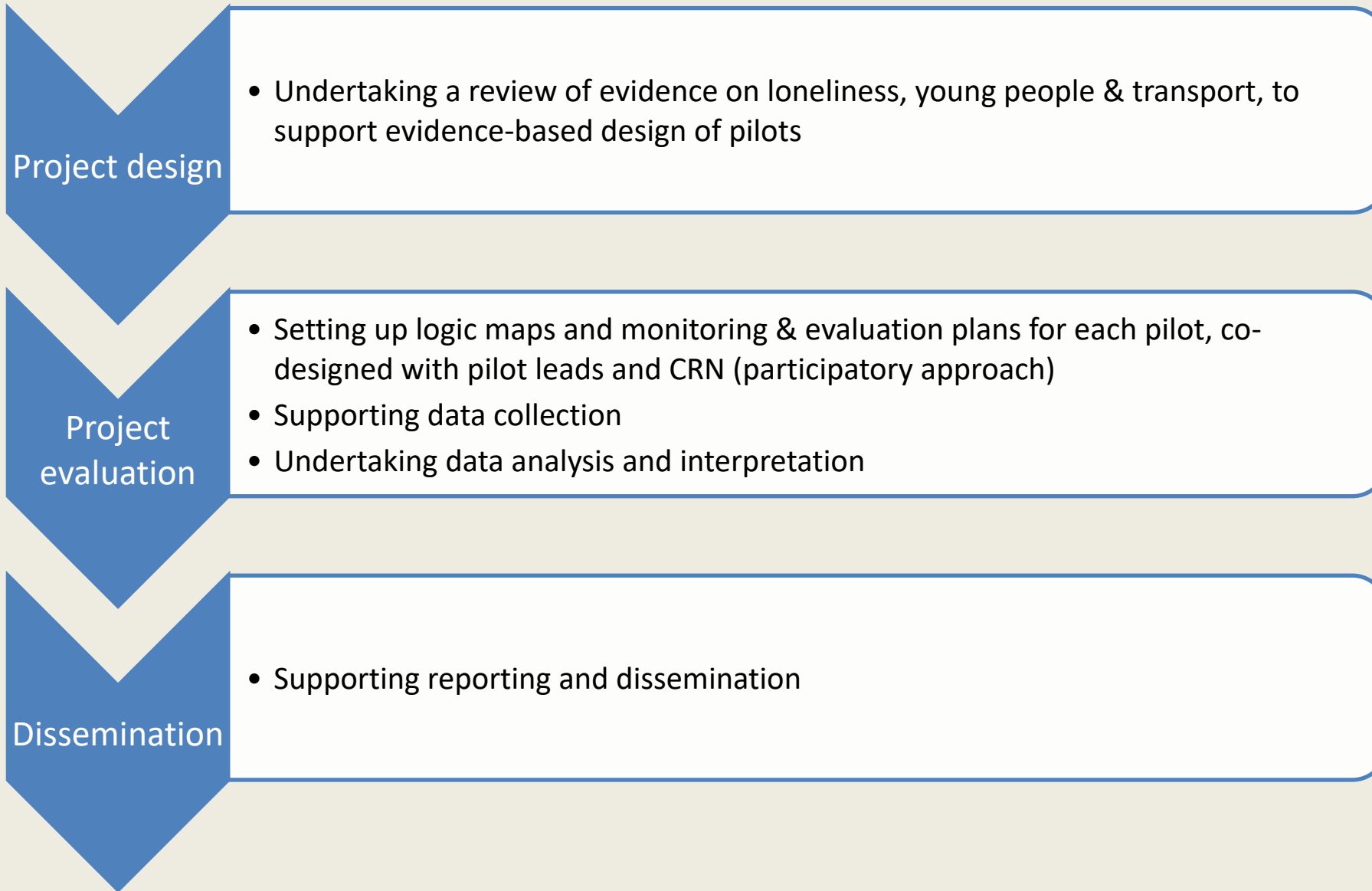
# An evidence-based participatory approach to designing and evaluating the TLWT project



# 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



# What is loneliness?



- 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 more likely to affect young people

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

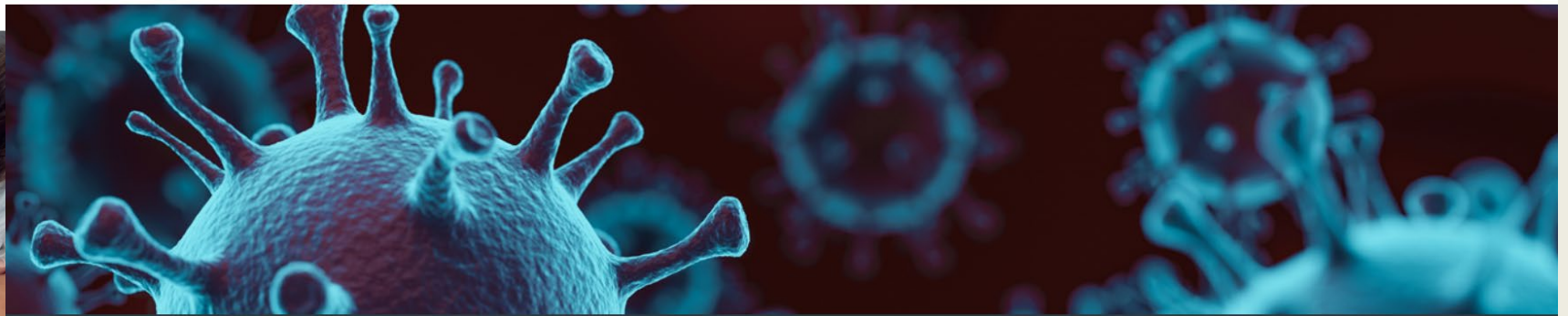
By Sean Coughlan  
BBC News education and family correspondent



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## Loneliness in young people increased during lockdown

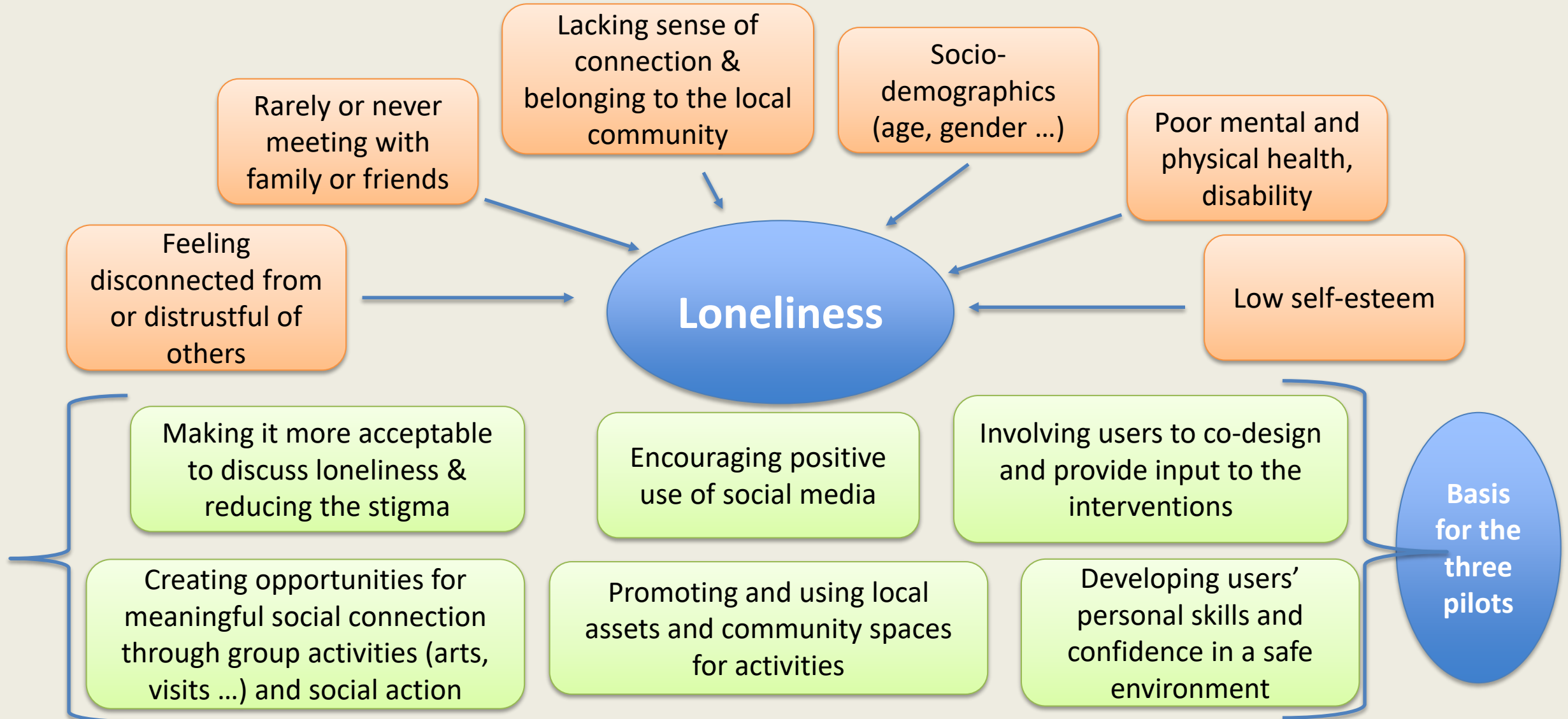
The number of young people feeling lonely was three times higher during lockdown compared with pre-lockdown levels, a survey suggests.

## Young adults are more likely to be lonely, study from the Office for National Statistics finds

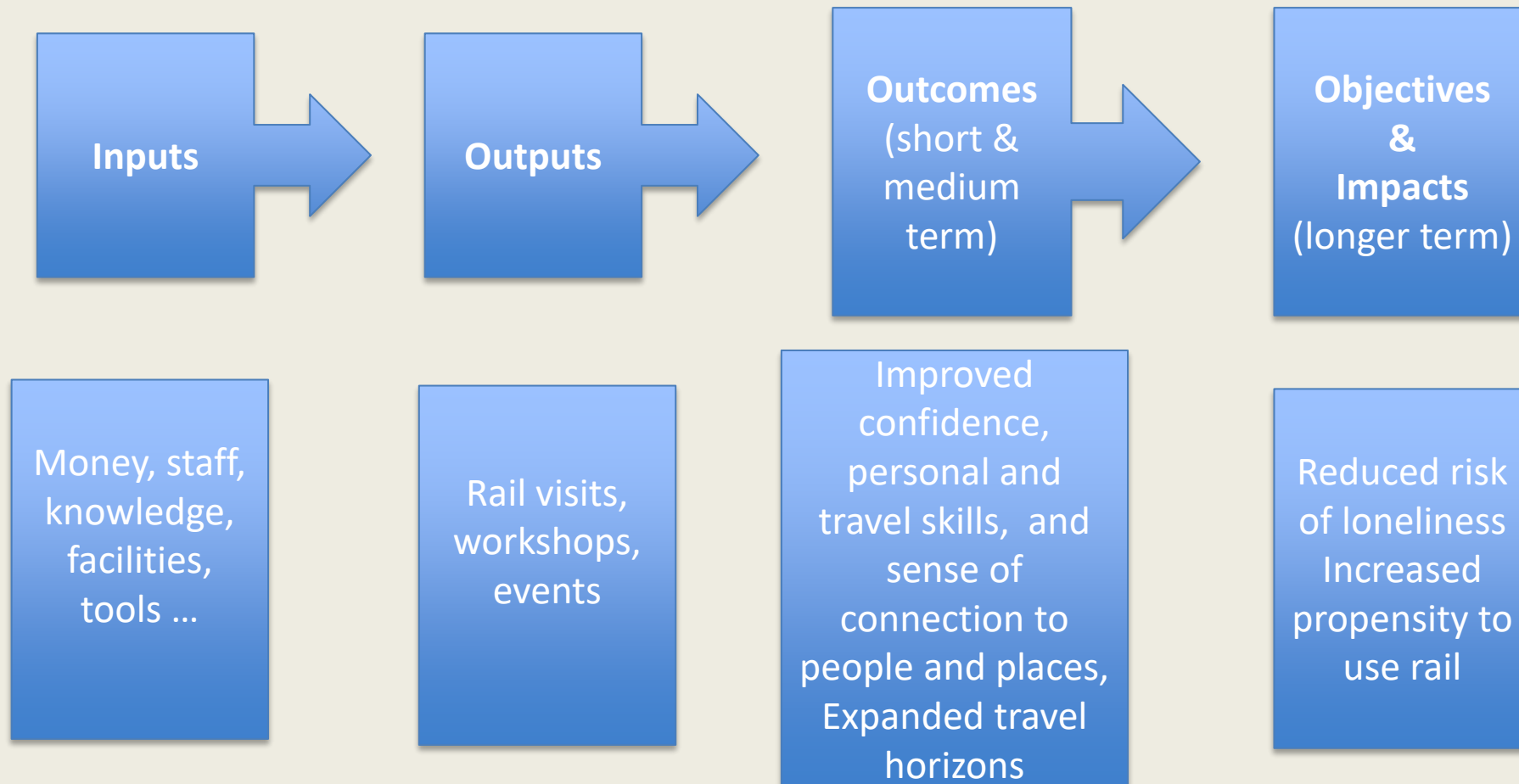
The research found that almost 10% of people aged 16 to 24 were "always or often" lonely - the highest proportion of any age group.

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

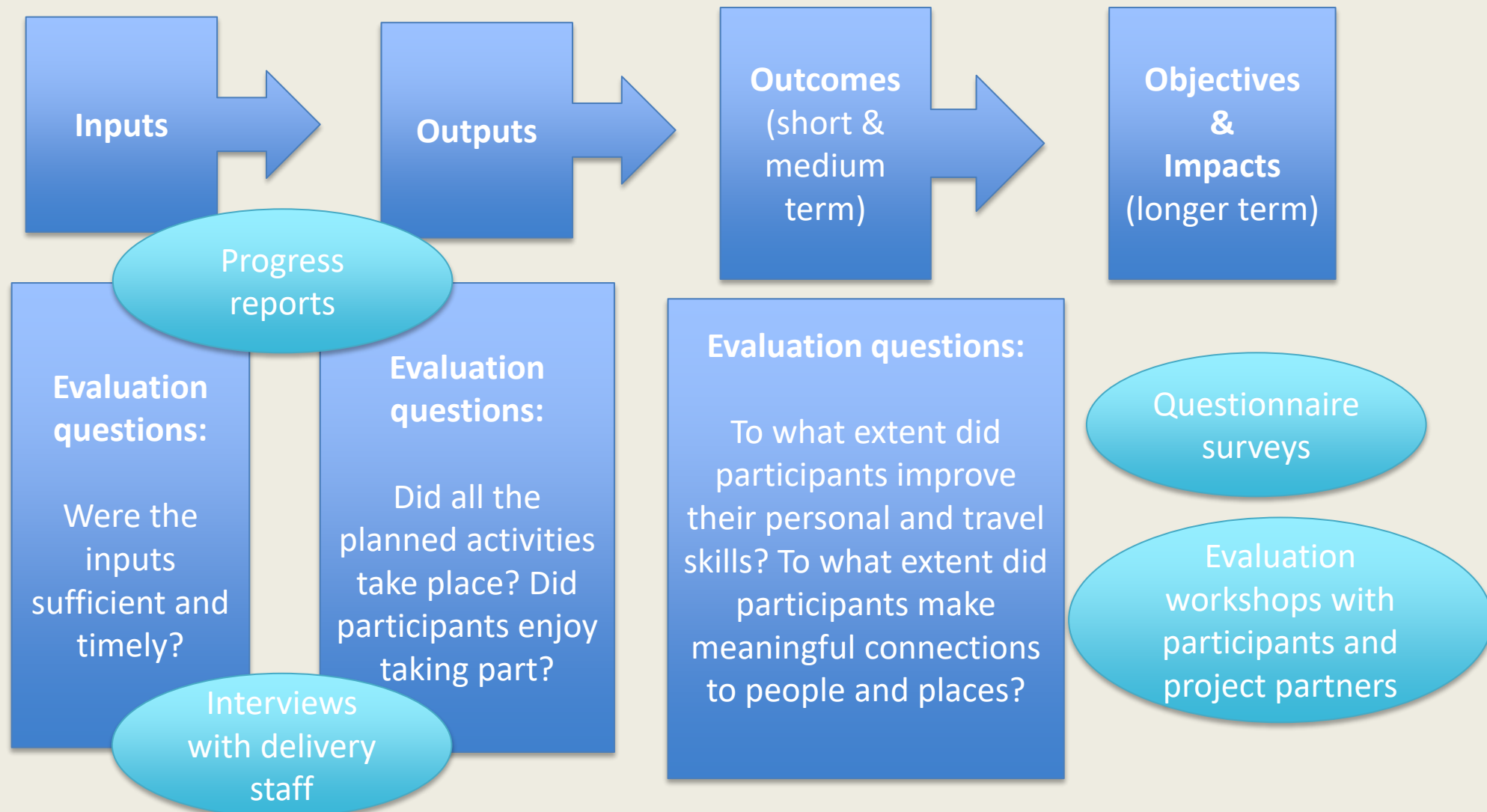
# What contributes to loneliness? What works in tackling it?



# The Logic Model: a tool for participatory evaluation



# Logic model: how we used it

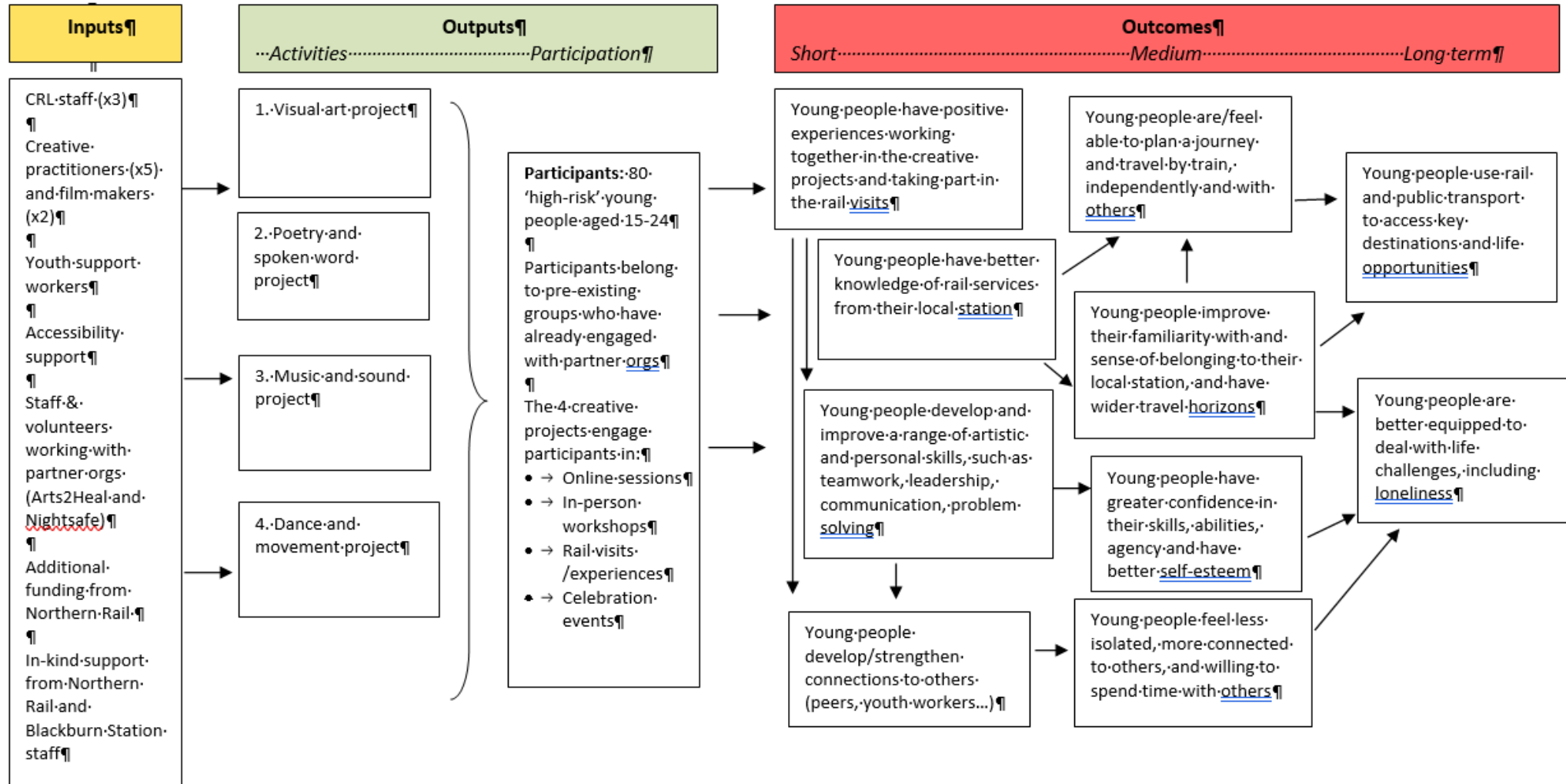




## Logic Model¶

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



# 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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