**Example**

**Impact Definitions**

**Aim:**

4 people in recovery from substance misuse and managing mental health needs. Project will improve diet and nutrition through pizza making process.

**Goals**

What will project want to achieve?

* Provide learning opportunities, to include:

1. Comprehension of numeracy (measuring ingredients)
2. Comprehension of literacy (reading instructions)
3. Ability to confidently use specific equipment (scales, oven, etc)

* Provide activity for residents to increase social interaction

**Inputs**

What do we need to make project happen?

* Funding provided for trainer’s fees and course materials
* Tutor time and expertise
* Kitchen facilities and equipment offered by housing association
* Fitbits provided by local health centre

**Activities**

What will we do to make project take place?

* Develop training sessions
* Provide learner activities (selecting and weighing ingredients, reading recipes, using equipment, working out baking times, testing pizza, adding decoration, etc)
* Produce learner diaries

**Outputs**

What tangible products will be delivered by project?

* 2 x2 hour pizza making sessions
* 4 (people) benefitting from x 2 (sessions) learning opportunities
* Pizzas produced by learners over 2 sessions
* Leaner diaries

**Outcomes** (short term benefits within a defined time)

How will learners benefit from project?

* Increased literacy, numeracy and technology skills
* Improved awareness of diet and nutrition
* Reduced social isolation: participants spending more time out of their rooms and connecting with others
* Increased confidence to communicate and interact and with peers

**How will project make an impact?**

**Impact (**longer term benefits, less defined during life of project but can be determined / attributed through set of indicators)

What change has occurred in learners’ lives

* Participants managing their budget and saving finances – have reduced spending on more expensive shop bought pizza
* Participants more active and increased mobility in and around housing association, taken up additional forms of exercise.
* Participants now better able to control diet through use of own ingredients, monitoring intake of i.e. protein, carbs, cholesterol, etc in diet
* Reduction in one to one sessions with mental health worker
* Enrolment on college course

**Indicators (we know this because)**

**(**longer term benefits, less defined during life of project but can be determined / attributed through set of indicators)

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**Measures (how)**

* 2 case studies (qualitative) with evaluation and conclusions including input from health workers / GP
* 8 completed learner evaluation forms (quantitative) to determine level of development / learning at each stage
* Learner diaries to reflect beginning through to end journey (qualitative)
* Fitbit readings! (quantitative / qualitative); data to demonstrate any increased physical activity, etc