



HOW TO USE THIS FRAMEWORK – A GUIDE/ NOTES FOR THE TEAM

Part One is now your evaluation framework

Part Two is an evaluation toolkit containing materials which will be used to measure impact

The Appendix now includes parts 1, 2, 3, Comms and Wider measures and means the whole framework can be sliced up to share with different levels of information

Each project in the appendix has a detailed evaluation plan summarised and each one includes a 'data day' which is deliberately designed to encourage the team to plan evaluation opportunities each year and ask themselves the question 'when are we best running a data day' rather than 'should we plan a data day'.

The contents page below is searchable if you want to jump to a particular location

Updates made to this report on 31.01.2023 by Climate FORTH Project Manager:

- Revision to Climate FORTH project numbering throughout to reflect final numbering system adopted and presented to NLHF (e.g 1.1 is now 1A, 2.1 is now 2A and so on).
- Insertion of additional works undertaken by The Evaluator in January 2023:
 - Revised table on Page 15 'Split between evaluation team tasks and project team tasks, segmented for ideal time of activity' to include to reflect appendix seven proposals of how Climate FORTH will monitor, evaluate and report against NLHF outcome 'people will have greater wellbeing'.
 - Appendix Seven – Wellbeing
- NLHF wellbeing outcome inserted into table on Page 7 under 'Furthering' and 'Resilience'.

Note: Wellbeing has not been wrapped into other sections of the framework. The table on Page 15 plus Appendix seven clearly set out the intended approach to adopt in delivery phase.

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INTRODUCTION

Climate FORTH (Furthering Our Resilience Through Heritage) is a new project for Inner Forth Futures, now in its development phase thanks to a grant from the National Lottery Heritage Fund. Across the Inner Forth, from Stirling City to Forth Bridges, heritage and communities have historically been entwined in narratives of change and adaptation – whether that be environmental, economic or societal. Today, changing climate, flood susceptibility, built development, economic change, recreation and covid-19 are putting new pressures on people and place.

This monitoring and evaluation framework is designed to be a guide to measuring success in the project, both overall and at a granular level. The framework, here, is supported by a spreadsheet which covers the outputs and monitoring of all the project outputs.

Monitoring tends to refer to tangible outputs, which can be counted. A person attends, or a report is created. Evaluation in this framework attempts to codify the more intangible outcomes, the changes in hearts and minds. Some worked examples are provided, a demographic example is provided on page 20. Ultimately the evaluation techniques in this framework are designed to be used more than once, in order to measure change in people taking part, or change over time.

The framework focusses on a mix of different data sources including those collected by automated methods or online, data collected by project staff and by volunteers and data collected independently by external evaluators. There are a mix of data methods of evaluation mentioned – qualitative which includes case studies, reflection conversations, focus groups and video story telling, and quantitative methods including self-assessments for resilience, demographic analysis and metric comparisons.

A selection of secondary data sources are discussed in appendix five, but the majority of this framework relates to primary data – collected by the project wider team, and used to make data driven decisions and help shape the project work. In this way, the work created by this monitoring and evaluation framework should be part of overall project progress measurement

For example, the project is recommended to use a rag rating overall table, where everything is colour coded, green for good and on track, amber for some challenges, red for there is a serious problem. Monitoring and evaluation could be subheadings in this table, rather than something considered later, it is built in from the start. This will need some further investigation as to how it fits into the planned project management software, CORA.

Project	Budget	Progress towards targets	Timescales	Monitoring	Evaluation
				It is worth including monitoring here so you can see at a glance if the target is behind because monitoring is not up to date, or if the target itself is behind	Adding evaluation here will help to remind the team evaluation needs to be happening throughout the project, not just towards the end

VISION

The overall vision is to Further Our Resilience Through Heritage using the Climate FORTH acronym as an aide memoir. The definitions we have used throughout this framework are below:

Term	Definition
Further	Throughout this M&E framework we have used ‘further’ to mean progress, and therefore to increase on what has been before in terms of positive indicators or to decrease in terms of negative indicators.
Resilience	<p>There are a few different ways to define resilience</p> <p>Youth Link Scotland have explained that Resilience is the ability young people have to cope with, and recover from challenges and difficulties. It means dealing with stressful or difficult situations in positive and constructive ways. They list the skills involved in resilience as: Taking on new challenges/ Determination to achieve goals/ Being optimistic when things get difficult/ Learning from mistakes/ Being flexible and adaptable/ Motivation to get tasks done/ Courage to take action¹</p> <p>Preparing Scotland uses the definition “the capacity of an individual, community or system to adapt in order to sustain an acceptable level of function, structure and identity”²</p> <p>Digventures used this very simple and effective description in a survey carried out for Climate FORTH - By ‘resilience’, we mean how to deal with and overcome challenges</p>
Heritage	Heritage can be anything from the past that you value and want to pass on to future generations. National Lottery Heritage Fund definition.
Landscape	“Landscape” means an area, as perceived by people, whose character is the result of the action and interaction of natural and/or human factors. ³
Resilient Landscapes	Resilient landscapes are in good, robust and adaptable condition. They help us adapt to climate change by enabling natural systems and processes to function well. They retain cultural significance and evidence of human interaction, now and in the future.
Business	Businesses include people trading inside the core area or whose customers live in the core area and includes charities and not-for-profit groups and social enterprises

¹ <https://www.youthlinkscotland.org/programmes/youth-work-and-the-attainment-challenge/skills-framework/resilience/>

² Scottish Government (2016). Preparing Scotland. Edinburgh: Scot Gov. p3.

³ Definition taken from People, Place and Landscape which can be found at - <https://www.historicenvironment.scot/archives-and-research/publications/publication/?publicationId=13053e28-f83a-464d-90d9-aae100f92c3b>

LOGIC MODEL

Purpose	Inputs	Activities	Outputs	Outcomes and Impact
<p>To develop resilience through heritage within the Inner Forth area, making heritage assets and communities more resilient to climate change.</p> <p>Three core audiences:</p> <p>People from our most deprived areas, young people aged 14 to 25 and local businesses</p>	<p>Portfolio of 12 activities</p> <p>Investment £1,450,800</p> <p>Staff team 3.6 FTE</p> <p>9 core partners</p> <p>Project delivery Summer 2023 to Summer 2026</p>	<p>Objective 1</p> <p>Individuals and organisations will access training and support to develop empowered resilience plans and share their learning with others.</p>	<p>LOCAL VISITS & ECONOMY</p> <p>9 routes totalling 300 km rebranded for cyclists to discover and enjoy the Inner Forth</p> <p>1 new offer promoting sustainable travel</p> <p>20 new signs to promote lesser known sites of heritage interest with 10 new bike parking facilities and 5 new bike maintenance stations</p>	<p>Increase community engagement and capacity so that the Inner Forth's heritage is valued and has inspired action that helps meet Scotland's net zero climate targets with positive economic and societal change.</p>
		<p>Objective 2</p> <p>Selected heritage assets will be developed using innovative methods and showcased to test and explore ways to be more resilient to climate change.</p>	<p>INSPIRING ACTION</p> <p>12 evaluation case study reports collecting best practice advice and pilot project learning</p> <p>14 reports, plans or resources created to improve resilience and management of the area</p>	<p>Increase awareness and understanding that the Inner Forth's natural and built heritage assets need to have an improved resilience to climate and societal change and demonstrate how this can be done through new approaches to greenspace and historic heritage asset management.</p>
		<p>Objective 3</p> <p>Businesses will be supported to raise awareness of and enhance climate positive messages plus active travel to heritage sites and active travel and cycle tourism will be strengthened.</p>	<p>IMPROVING HERITAGE CONDITION</p> <p>2 natural heritage assets and 2 historic heritage assets made more resilient to the impacts of climate change</p> <p>£90,000 additional investment in the area through resilience planning and visitor giving</p> <p>PARTICIPATION & LEARNING</p> <p>3,900+ people participating in Climate FORTH activities with at least 356 young people and children engaged</p>	<p>Increase engagement with people and places within the Inner Forth in a way that demonstrates how heritage can make a positive contribution to support the local economy, healthy lifestyles and sustainable choices.</p>
		<p>Communications</p> <p>Web, press and social media will share climate-positive messages to inspire action and reach a wide audience including decision makers.</p>	<p>280 people participating in local decision making around heritage and resilience</p> <p>52 activities, talks or events delivered</p> <p>70 local businesses engaged and more aware of the Inner Forth's heritage</p> <p>70 local groups and communities participating</p> <p>22 pieces of digital interpretation created</p> <p>TRAINING & SKILLS</p> <p>630 people involved in 47 heritage related climate adaption and resilience training workshops</p>	<p>Increase engagement with people within and beyond the Inner Forth area to disseminate project learning to inspire and inform further action that utilises heritage to benefit the resilience people, economy and place whilst taking action to help meet Scotland's net zero targets.</p>



WHAT CLIMATE FORTH HOPES TO DELIVER ~ ON ONE PAGE

LOCAL VISITS & ECONOMY

9 routes totalling 300 km rebranded for cyclists to discover and enjoy the Inner Forth landscape

1 new transport offer promoting sustainable travel

20 new signs to promote lesser-known sites of heritage interest

10 new bike parking facilities and 5 new bike maintenance stations

INSPIRING ACTION

12 evaluation case study reports collecting best practice advice and pilot project learning

14 reports, plans or resources created to improve the resilience and management of the Inner Forth area

IMPROVING HERITAGE CONDITION

2 natural heritage assets made more resilient to the impacts of climate change

2 historic heritage assets made more resilient to climate change impact

£90,000 additional investment in the area through resilience planning and visitor giving

PARTICIPATION & LEARNING

3,900+ people participating in Climate FORTH activities with at least 356 young people and children engaged

280 people participating in local decision making around heritage and resilience

52 activities, talks or events delivered

70 local businesses engaged and more aware of the Inner Forth's heritage

70 local groups and communities participating

22 pieces of digital interpretation created

TRAINING & SKILLS

630 people involved in 47 heritage related climate adaption and resilience training workshops



FORTH ACRONYM AND HOW THAT SITS WITH THE NLHF OUTCOMES

Climate FORTH is majority funded by National Lottery Heritage Fund (NLHF) and therefore has been designed to meet the core NLHF outcomes.

NLHF Outcomes	Furthering	Our	Resilience	Through Heritage
	<p>Furthering relates to all the project progress</p> <ul style="list-style-type: none"> A wider range of people will be involved in heritage. People will have developed skills. The local area will be a better place to live, work or visit. The local economy will be boosted. Heritage will be in a better condition. People will have learned about heritage, leading to change in ideas and actions. People will have greater wellbeing. <p>Long-term environmental sustainability has been built into the plans.</p> <p>Inclusion has been built into the plans.</p>	<p>Climate FORTH key audiences</p> <ul style="list-style-type: none"> Lowest 20% national SIMD datazones Young people (approx. 14-26) Local businesses & enterprises Wider IFF Communities <p>Measuring throughout the framework will address the mandatory outcome 'A wider range of people will be involved in heritage.'</p> <p>Inclusion has been built into the plans.</p> <p>Influencers and decision makers are an important audience for the project and this M&E framework will measure 'People will have learned about heritage, leading to change in ideas and actions.'</p>	<p>The local area will be a better place to live, work or visit.</p> <p>Heritage will be in a better condition.</p> <p>People will have learned about heritage, leading to change in ideas and actions.</p> <p>People will have greater wellbeing.</p> <p>Long-term environmental sustainability has been built into the plans.</p> <p>Many of the resilience plans and measures will address 'People will have developed skills.'</p>	<p>Heritage will be in a better condition.</p> <p>People will have learned about heritage, leading to change in ideas and actions.</p> <p>Heritage assets and businesses will both benefit from</p> <p>'The local area will be a better place to live, work or visit.'</p> <p>And</p> <p>'The local economy will be boosted.'</p>



PART ONE – EVALUATION FRAMEWORK

OBJECTIVE 1: SUPPORT THE RESILIENCE OF COMMUNITIES TO CLIMATE AND OTHER CHANGE

Activities delivered to support this objective will put heritage at the heart of a green recovery at a local level by empowering communities to share their local places, make the most of heritage assets and use natural, built and cultural heritage as a tool and focus to develop skills and enhance health and wellbeing.

Furthering/ Our	Resilience	Through Heritage
<p>Furthering: Project progress is mostly green overall</p>	<p>Target Met:</p> <p>Individuals will be empowered to access training, develop resilience plans and share their learning with others</p> <ul style="list-style-type: none"> ■ A wide range of people will take part ■ People will become more resilient to climate and other change ■ Community groups will gain new skills ■ Young people will gain new skills ■ Families will enjoy taking part and learn about heritage ■ People will be more aware of how the climate will change and affect their local heritage 	<p>Target Met:</p> <p>Heritage assets will be more resilient to climate and other change:</p> <ul style="list-style-type: none"> ■ Local resilience plans will focus on heritage assets ■ Heritage assets will benefit from more skills ■ Heritage assets will benefit from wider awareness of climate and other changes ■ Families will enjoy taking part and learn about heritage ■ People will be more aware of how the climate will affect their local heritage
<p>Our (audience):</p> <p>A wide range of people are participating in resilience increasing activities including people from SIMD 1 and 2 and young people aged 14-25</p>	<p>Target Exceeded:</p> <p>As above plus+</p> <ul style="list-style-type: none"> ■ Percentages of young people and people from SIMD 1 and 2 exceed local averages ■ People increase their resilience by more than two points on resilience scales ■ Community groups are more resilient in many ways ■ Young people are more resilient in many ways ■ Families will get involved and volunteer to learn about heritage ■ Influencers and decision makers will consider how the climate will change and affect their local heritage in the decisions they make 	<p>Target Exceeded:</p> <p>As above plus+</p> <ul style="list-style-type: none"> ■ Heritage assets will attract greater audiences, volunteers and trustees ■ The people involved in preserving heritage assets will be from a wider range of backgrounds, meaning decisions will be made which represent a wider range of people. For example, those who make decisions may have similar constraints in terms of time or funds to allocate to heritage and participation activities as the communities who will be future audiences ■ Heritage assets will be safeguarded in resilient and cost-effective ways



<p>Evaluation techniques used to measure this⁴</p> <p>Project team</p>	<p><u>Essential</u></p> <p>Project 1A - Collect completed resilience profiles at start and annually and complete monitoring monthly and collect completed grant feedback form and complete monitoring monthly</p> <p>Project 1B - Collect completed resilience profiles at start and annually and complete monitoring monthly</p> <p>Project 1C - Collect completed feedback forms after training sessions and complete monitoring monthly</p> <p>Project 1D - Complete monitoring monthly</p> <p>Project 1E - Use sign in sheets on open days and complete monitoring monthly</p> <p><u>Desirable</u></p> <p>Project 1A - Annual open day for each area, designed with support from evaluation team</p> <p>Project 1B - Annual celebration day for Youth Volunteers</p> <p>Project 1C - Collect completed resilience profiles at start and annually</p> <p>Project 1D Collect completed resilience profiles at start and annually for those on qualification pathway</p> <p>Project 1E - No extra</p>
<p>Evaluation techniques used to measure this⁵</p> <p>Evaluation team</p>	<p>Project 1A - Host annual open day discussion, analyse resilience profiles, create case studies (4 over project lifetime) and write grant feedback form, collect one case study, analyse grant forms</p> <p>Project 1B - 1:1 interviews with each youth panel member, analyse resilience profiles</p> <p>Project 1C - Host annual focus discussion (via zoom), collect one case study, analyse feedback forms</p> <p>Project 1D - SROI deep dive, see below</p> <p>Project 1E - Develop sign in sheet</p> <p>ALL – analyse first monitoring for year 1 data driven decisions, analyse all materials for mid-term and final report</p>

⁴ Also note 'wellbeing' techniques as outlined in Appendix seven.

⁵ Also note 'wellbeing' techniques as outlined in Appendix seven.

Including Deep Dive Objective 1⁶

Project 1D youth mix and match training could have a Social Return on Investment (SROI) this could demonstrate a high rate if do work with challenging groups such as young offenders and get people into new careers. The data for this piece of work can be collected throughout the project, but the SROI can be done in year 3.

HES social value toolkit with HES and Stirling University can be used and the link to a step by step toolkit is here - <https://socialvalue.stir.ac.uk/planning-an-assessment/>

Please note, this deep dive is flexible and could pivot to 1B if that was more appropriate for example.



- Project 1.5 youth mix and match training could have a Social Return on Investment (SROI) this could demonstrate a high rate if do work with challenging groups such as young offenders and get people into new careers
- A SROI is a formal evaluation tool which projects returns from an investment, it could put a 'value' on each pound invested in people - and the savings to the public purse could be proxied
- Recommend include as desirable part of main evaluation contract – no extra work for team

⁶ Also note 'wellbeing' deep dive as outlined in Appendix seven.

OBJECTIVE 2: DEMONSTRATE INNOVATIVE APPROACHES TO MANAGING HERITAGE ASSETS THAT ADDRESS THE NEED FOR CLIMATE CHANGE ADAPTATION AND MITIGATION

Activities delivered to support this objective will drive action on climate change adaptation and mitigation through supporting new approaches to managing and utilising heritage assets, whether derived by local communities or their owners/managers. It will inspire and influence wider action and change.

Furthering/ Our	Resilience	Through Heritage
Furthering: Project progress is mostly green overall	Innovative methods will be piloted and showcased: <ul style="list-style-type: none"> ■ Heritage assets will test new approaches ■ The heritage contractor pool grows ■ Heritage assets will be more resilient to climate change ■ Heritage organisations will be more resilient to climate change 	Heritage assets will be used to test and explore ways to be more resilient to climate change impacts: <ul style="list-style-type: none"> ■ Heritage assets will be in better condition ■ Innovation will encourage more visitors and replication ■ Heritage assets will be more resilient to climate change ■ Heritage organisations will be more resilient to climate change People will be more aware of how the climate will change
Our: Heritage assets and heritage contractors test new approaches and skills are improved for contractors and people working with heritage assets	As above plus+ <ul style="list-style-type: none"> ■ Heritage assets will test new approaches and inspire replication in others ■ The heritage contractor pool grows significantly ■ Procurement teams are receiving a wider range/ increase in tender returns 	As above plus+ <ul style="list-style-type: none"> ■ Heritage assets will test new approaches and inspire replication in others, preserving more heritage assets ■ Heritage assets are in better condition because the heritage contractor pool grows significantly and more repairs and amends can be carried out in shorter timescales (rather than having to have long lead in times for busy contractors)
Evaluation techniques used to measure this ⁷ Project team	<p>Essential:</p> <p>Project 2A - Collect schools simple feedback form and complete monitoring monthly</p> <p>Project 2B - Collect completed resilience profiles at start and end, take before and after photographs and complete monitoring monthly</p> <p>Project 2C - Collect completed feedback forms and complete monitoring monthly</p> <p>Project 2D - Collect completed resilience profiles at start and end, take before and after photographs and complete monitoring monthly</p> <p>Desirable:</p> <p>Project 2A - Arrange for survey to be embedded on website</p>	

⁷ Also note 'wellbeing' techniques as outlined in Appendix seven.

	<p>Project 2B - Arrange periodic video footage and end of project ecological assessment, install footfall counter</p> <p>Project 2C - No extra</p> <p>Project 2D - No extra</p>
<p>Evaluation techniques used to measure this⁸</p> <p>Evaluation team</p>	<p>Project 2A - Create survey to be embedded, host midterm focus group to identify influencers, 1:1 interviews with potential influencers, possibly use instant results software at road shows</p> <p>Project 2B - Work with team and co-creators to storyboard video content, work with videographer (RSPB or HES) to edit content on video case studies, develop sign in sheet (same as in 1E)</p> <p>Project 2C - Develop contractor feedback form to include permissions for follow up, Call contractors after 6 months for 1:1 interviews, host mid-term focus group with organisations who hire contractors</p> <p>Project 2D - As in 2A plus create two case studies</p> <p>ALL – analyse first monitoring for year 1 data driven decisions, analyse all materials for mid-term and final report</p>
<p>Including Deep Dive Objective 2</p>	<p>Projects can take part in a series of video case studies including interviews with people taking part in (some/ all?) of Project 2B and 2D. These can include a selection of before and after images and maybe even some footage of activity. The co-creation aspect can be echoed in the planned video – the story told could also be co-created – it might be worth focusing on planting or biodiversity, or family days, or new visitors. Whatever the focus ends up being, the video can tell the tale.</p> <p>Recommend filming is carried out during project activities, provided by Climate FORTH team or partners and works contractors. Evaluation team can edit to become case study, storyboarding and co-creation part of project team workplan</p>

⁸ Also note 'wellbeing' techniques as outlined in Appendix seven.

OBJECTIVE 3: SUPPORT ECONOMIC RESILIENCE WITH NEW, SUSTAINABLE AND INTERCONNECTED USES OF HERITAGE ASSETS

Activities delivered to support this objective will make more of existing heritage features to encourage growth of the sustainable or green visitor economy by encouraging repeat or longer visits from those within and outside the area.

Furthering/ Our	Resilience	Through Heritage
Furthering: Project progress is mostly green overall	<p>Target Met:</p> <p>Businesses will be supported to raise awareness of heritage and sustainable/ active travel methods to support a climate positive message:</p> <ul style="list-style-type: none"> ■ Businesses in area will download and use the toolkit ■ Heritage assets will see increased visitors who are staying locally ■ Visitors will be encouraged to visit more often due to improved facilities and more assets available to visit ■ Donations made that will be reinvested in the area’s heritage 	<p>Target Met:</p> <p>Active travel links to heritage assets will be strengthened:</p> <ul style="list-style-type: none"> ■ Growth in active travel journeys to heritage assets ■ 10 heritage asset sites gain bike parking locations ■ More people will visit heritage assets while holidaying locally
<p>Our (Audience):</p> <p>Local businesses who are in area, or who have customers travelling in area</p> <p>A wide range of people are participating in cycling and active travel events to heritage assets including people from SIMD 1 and 2 and young people aged 14-25</p>	<p>Target Exceeded:</p> <p>As above plus+</p> <ul style="list-style-type: none"> ■ Number of businesses participating exceed target ■ Donations made exceed target ■ Businesses in a wider travel to area will download and use the toolkit ■ Heritage assets will see large increases in visitors who are staying locally ■ Businesses will see increased visitteering/ voluntourism 	<p>Target Exceeded:</p> <p>As above plus+</p> <ul style="list-style-type: none"> ■ Growth in active travel journeys to heritage assets exceeds targets ■ Other heritage asset sites are inspired to install active travel infrastructure improvements ■ Local businesses say that heritage assets are a reason for people to visit the area
<p>Evaluation techniques used to measure this⁹</p> <p>Project team</p>	<p>Essential</p> <p>Project 3A - Keep a record of donations and complete monitoring monthly</p> <p>Project 3B - Keep a record of Green Heritage Transport Service (GHTS) users, take before and after photographs,</p> <p>Project 3C - Use sign in sheets on open/art trail days and complete monitoring monthly</p> <p>Desirable</p>	

⁹ Also note ‘wellbeing’ techniques as outlined in Appendix seven.

	<p>Project 3A - Share individual resilience profiles with volunteers on annual basis, arrange focus group</p> <p>Project 3B - As 3A and install and move and record bike counters</p> <p>Project 3C - No extra</p>
<p>Evaluation techniques used to measure this¹⁰</p> <p>Evaluation team</p>	<p>3A Carry out up to 10 1:1 interviews with businesses, design surveys, analyse data and host focus group</p> <p>3B Deep dive see below</p> <p>3C develop sign in sheet (same as in 1E and 2B)</p> <p>ALL – analyse first monitoring for year 1 data driven decisions, analyse all materials for mid-term and final report</p>
<p>Including Deep Dive Objective 3</p>	<p>The cycling and heritage tourism work becomes a series of info-graphic statistics which can be static and moving images and used across a selection of; social media, websites, project presentations and executive summaries</p> <p>This is collected in a number of ways including through bike counters, which move about and volunteer surveys</p> <p>The info-graphics can include monitoring statistics – such as x number of miles, and x number of people taking part, but also larger measures – enough miles to ride around loch ness a million times, and impact measures 30% of participants are riding more often, 80% of families feel safer riding type statistics, including x number of people visiting for the first time</p> <p>Recommend include as desirable part of main evaluation contract – no extra work for team</p>

¹⁰ Also note 'wellbeing' techniques as outlined in Appendix seven.

Split between evaluation team tasks and project team tasks, segmented for ideal time of activity

Project team tasks	Project	Frequency				Evaluation team tasks	Project	Frequency			
		At start	Monthly	Annually	At end			Ad hoc	Annually	Mid term	At end
Update monitoring spreadsheet including comms dashboard	ALL		✓			Analyse monitoring spreadsheet	ALL		✓		✓
Collect completed organisational resilience profiles	1A, 1C 2D	✓		✓	✓	Analyse resilience profiles	1A, 1B, 2B, 2D,		✓		✓
Collect completed individual resilience profiles	1B, 1D, 2B	✓		✓	✓	Host focus group at open day	1A, 1C		✓		
Collect feedback forms	1A, 1C, 2C				✓	Collect and write case studies	1A, 1B, 1C, 2D, 3B	✓		✓	✓
Arrange annual data day	1A, 1B			✓		Host focus group	2A, 2C, 2D, 3A, Comms			✓	
Arrange for survey to be embedded	2A	✓				Carry out 1:1 interviews	1B, 1D, 2A, 2B, 2D, 3A,	✓			
Complete schools monitoring additional questions	2A		✓			Create feedback forms	1A, 1C, 1D, 2C	✓			
Install footfall/ bike counter	2B, 3B	✓				Analyse feedback forms	1A, 1C, 2C			✓	✓
Take before images	2B, 2D, 3B	✓				Deep Dive	1D, 2B, 3B, Wellbeing (1A, 1B, 1C, 1E & TBC 2B, 3C)	✓			
Take after images	2B, 2D, 3B				✓	Develop simple evaluation materials for use on open day with public	1E, 2B, 2D, Comms,	✓			
Arrange end of project ecological assessment	2B				✓	Create survey	2A, 2B, 3A, 3B	✓			
Arrange for video footage	2B	✓			✓	Analyse surveys and footfall /bike counters	2A, 3A, 3B			✓	✓
Use mentimeter at road shows – tbc	2A				✓	Carry out 6 months later 1:1 interviews	2C	✓			
Keep a record of donations	3A		✓			Create comms dashboard	Comms	✓			
Wellbeing project with youth panel	1B	✓				Finalise wellbeing measures with youth panel	1B	✓			
Support youth panel to share wellbeing project resources	1A, 1C, 1D, 1E, 2B, 3C			✓		Analyse and report on wellbeing	1A, 1C, 1D, 1E, 2B, 3C			✓	
Wider sharing knowledge opportunities attended/ presented through project team, partners and board	All			✓	✓	Wider sharing knowledge opportunities attended/ presented	All			✓	✓

PART TWO - EVALUATION TOOLKIT

The majority of this will need to be refined during the delivery phase but here are some examples of what this could look like and who could be involved in co-creating or testing measures. We have created an organisational resilience tool and an individual resilience measure.

USING AND TRACKING THE INDIVIDUAL RESILIENCE ASSESSMENT:

The resilience measures are designed to track changes in attitude over time. They do this through using a tracking code, which is based on a date of birth and postcode – which incidentally not only creates a code but allows age profiles, geographic mapping and SIMD mapping at the same time. Postcode on its own isn't infallible as people move...

Collecting personal information: Staff do sometimes have fears about collecting personal information, but as evaluators we have to deal with this every day. The secret is to ask in a matter-of-fact way, and people will take their cues from you. It's all about the way you ask, if you ask in a regular way, then people tend to answer without a problem. Everywhere where tracking codes are not needed, we can offer a 'prefer not to say option' so people who are really concerned about privacy can use this.

For example – this is how it has worked on the resilient individuals test carried out in October 2022.

- Evaluator example; BB180407806DD scored 13 points (41% online result)
- Cycle volunteer FK101204801EN who scored 24 points (75% online result)
- Cycle volunteer EH42003592EH who scored 22 points (69% online result)
- Cycle volunteer KY11250367 (only provided partial postcode – this happens a lot which means without the dob it's almost impossible to match) scored 20 points (63% online result)
- Cycle volunteer FK72302569LR who scored 19 points (59% online result)

Which makes an early average score of 20 points (61% online result) equivalent to a strong gale. We feel confident that very few people would be able to extrapolate personal information from these codes and, they would only be shared between project team and evaluation team, not publicly.

RESILIENCE TOOLS



Climate FORTH RESILIENT INDIVIDUALS

DATE _____ AGE _____ ETHNICITY _____
 POSTCODE _____ MALE/FEMALE/ NON-BINARY _____ DISABLED/ NOT DISABLED _____
(please circle) (please circle)

1 How well informed do you feel about climate change in your local area?

- Not at all informed - SCORE 1
- Not very well informed - SCORE 2
- Averagely well informed- SCORE 3
- Very well informed - SCORE 4

2 How well do you understand your own impact on the climate?

- Not at all informed - SCORE 1
- Not very well informed - SCORE 2
- Averagely well informed- SCORE 3
- Very well informed - SCORE 4

3 How well do you cope with making changes for the climate?

- Not at all informed - SCORE 1
- Not very well informed - SCORE 2
- Averagely well informed- SCORE 3
- Very well informed - SCORE 4

4 Have you made any changes for the climate?

- None- SCORE 1
- Not yet but plan to do so - SCORE 2
- I have made some changes (recycling, active travel, solar panels, electric car for example) SCORE 3
- I have made many changes- SCORE 4
- I have made as many changes as I am able to do - SCORE 5

5 Do you feel empowered to deal with climate change at a local level?

- I don't know what to do/ I don't want to do anything about climate change- SCORE 1
- I feel stressed and worried about climate change - SCORE 2
- I actively look for ways to learn more about climate change- SCORE 3
- I know that every change helps - SCORE 4

BONUS POINTS

Score one point for each of the following options that apply
 Climate resilience is something I discuss regularly +1

I often talk to others about how they can help make climate positive changes +1

I influence friends and family to make climate positive choices +1

I influence colleagues and businesses to make climate positive choices +1

I volunteer for climate positive activities +1

I donate to climate positive campaigns +1

I try and influence climate decisions through signing petitions +1

I have written to my MSP about climate change +1

How much do you think climate change will impact your local area?
(Not scored)

- Not at all
- A bit
- Not sure
- A lot

Please circle your answer



UnBONUS If you currently feel hopeless about climate change because of the actions of other people or organisations or businesses = Subtract 3

Add up your total score:

RESULTS BASED ON THE BEAUFORT WIND FORCE SCALE

If your total score equals:	Score of 1-5	Score of 6-7	Score of 8-9	Score of 10-11	Score of 12-13	Score of 14-15	Score of 16-17	Score of 18-19	Score of 20-21	Score of 22-23	Score of 24-26	Score of 27-29
You are resilient enough to withstand:	LIGHT AIR		GENTLE BREEZE		FRESH BREEZE		MODERATE GALE		STRONG GALE		STORM	
		LIGHT BREEZE		MODERATE BREEZE		STRONG BREEZE		FRESH GALE		WHOLE GALE		HURRICANE

ACCEPTANCE

Which of the following best describes your organisation?

Not sure climate change is going to affect our organisation - SCORE 1

Feel frustrated that climate is changing but nothing is being done yet - SCORE 2

Accept that the climate is changing and it will affect our organisation - SCORE 3

Accept that the climate is changing and understand our organisation will have to change too - SCORE 4

DECISIONS

Choose one of the following options

Our organisation has not discussed climate change - SCORE 1

Our organisation has openly discussed climate change - SCORE 2

Our organisation has ideas about what could change - SCORE 3

Our organisation has chosen which ideas are most relevant and need focus - SCORE 4

CHANGES

Choose one of the following options

Our organisation has not got a plan about climate change - SCORE 1

Our organisation has got a plan about climate change (this does not need to be a formal plan) - SCORE 2

Our organisation has started enacting our climate change plan (this might include research, measuring progress, gaining expert advice, working with a partner, training or applying for funding) - SCORE 3

Our organisation has completed one action to adapt to climate change - SCORE 4

Our organisation has completed two-five actions to adapt to climate change - SCORE 5

Our organisation has completed all the actions on our plan to adapt to climate change - SCORE 6

BONUS POINTS

FUTURE

PLANS

Score one point for each of the following options that apply

Climate resilience is something we discuss regularly +1

Climate resilience is part of our way of working now +1

We often ask what we should do next for the climate +1

We are discussing how we can pre-empt future crisis +1

RESULTS BASED ON THE BEAUFORT WIND FORCE SCALE

If your total score equals:

Score of 1

Score of 2-3

Score of 4

Score of 5-6

Score of 7

Score of 8-9

Score of 10

Score of 11-12

Score of 13

Score of 14-15

Score of 16

Score of 17-18

You are resilient enough to withstand:

LIGHT AIR

GENTLE BREEZE

FRESH BREEZE

MODERATE GALE

STRONG GALE

STORM

LIGHT BREEZE

MODERATE BREEZE

STRONG BREEZE

FRESH GALE

WHOLE GALE

HURRICANE

QUESTIONS WHICH ARE ASKED IN EVERY METHOD TO AID LONG TERM TRACKING

These can be refined at the start of delivery phase but an example set of core (core to every method including surveys, feedback forms and everything) questions includes the questions below and demographic characteristics below to ensure consistency across the projects.

Question	Baseline Result
What do you think of the Climate & Ecological Emergency? Please state your levels of agreement or disagreement with each of the following:	Answer options: Strongly agree/ Tend to agree/ Neutral/ Tend to disagree/ Strongly disagree/ Don't know N=1079 (Stirling consultation 2020)
'I have a good knowledge about the causes and effects of climate change'	Strongly agree = 46% Tend to agree = 43% Neutral = 8% Tend to disagree = 2% Strongly disagree = 0 Don't know = 0
'My actions can help tackle Climate Change'	Strongly agree = 52% Tend to agree = 37% Neutral = 6% Tend to disagree = 3% Strongly disagree = 3% Don't know = 0
'It is important that myself and others around the Inner Forth make changes that will make this area and its heritage more resilient for the future.'	Baseline to be created at project start

DEMOGRAPHIC AREA PROFILE

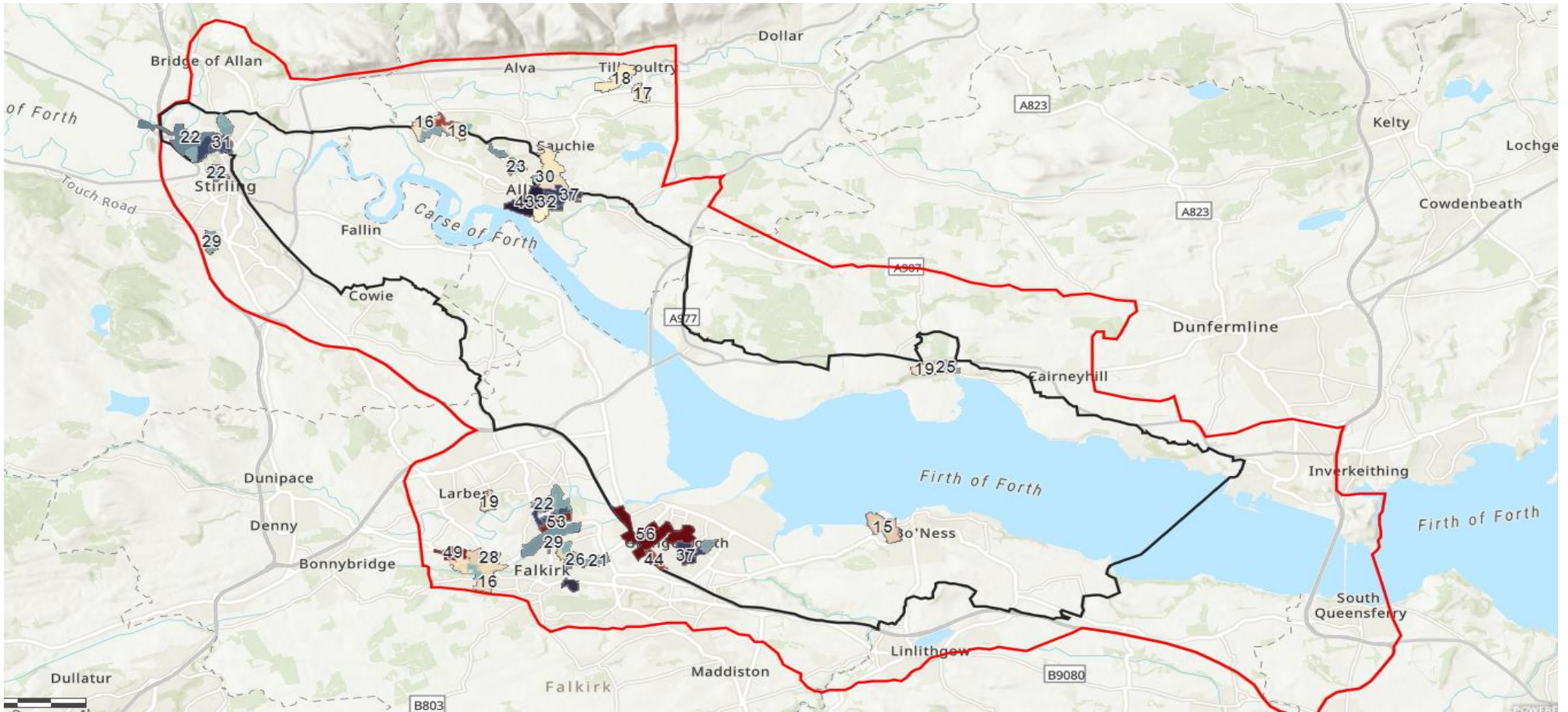
Table: Demographic characteristics overview of area					
Demographics to compare to (not exact geographical matches)	Scotland as a whole	Clacks	Stirling	Falkirk	Fife
Population	5,295,403	51,290	94,080	160,560	374,130
Gender	<ul style="list-style-type: none"> ▪ Men=49% ▪ Female=51% ▪ Non-binary= Not known 	<ul style="list-style-type: none"> ▪ Men=49% ▪ Female=51% ▪ Non-binary= Not known 	<ul style="list-style-type: none"> ▪ Men=48% ▪ Female=52% ▪ Non-binary= Not known 	<ul style="list-style-type: none"> ▪ Men=49% ▪ Female=51% ▪ Non-binary= Not known 	<ul style="list-style-type: none"> ▪ Men=49% ▪ Female=51% ▪ Non-binary= Not known
Ethnicity	92% White Scottish, 4% White Other, 4% Asian, African, Caribbean or Black Mixed or Other	88% White Scottish, 10% White Other, 1.5% Asian, African, Caribbean or Black Mixed or Other	Partial profile found – 95% White	Partial profile found – 98% White	Partial profile found – 98% White
Age		17% were under 15 62% were between 16-64 21% were 65+	16% were under 15 64% were between 16-64 20% were 65+	17% were under 15 64% were between 16-64 19% were 65+	17% were under 15 62% were between 16-64 21% were 65+
Disability	80% not disabled 10% limited a little 10% limited a lot	Health below used as disability proxy	Health below used as disability proxy	80% not disabled 10% limited a little 10% limited a lot	Health below used as disability proxy
% of households where one or more person in household with a long-term health problem or disability	35%	36%	33%	36%	36%
All people aged 16 and over: General health: Very good or good health/ Fair health / Bad or very bad health	Good health - 79% Fair health -14% Bad health - 7%	Good health - 78% Fair health -15% Bad health - 7%	Good health - 82% Fair health -13% Bad health - 5%	Good health - 78% Fair health -15% Bad health - 7%	Good health - 78% Fair health -15% Bad health - 6%

Please note the following sources were used for this demographic table: Population – from the Carbon Emissions annual reports, Gender - <https://www.nrscotland.gov.uk> Ethnicity – [National](https://www.nrscotland.gov.uk) Records of Scotland Age - <https://www.nrscotland.gov.uk> Health - Scotland's Census 2011 - National Records of Scotland - Table LC6301SC - <https://www.scotlandscensus.gov.uk/census-results/download-data/census-table-data/>

EXAMPLE BASELINE DEMOGRAPHICS

Two surveys carried out during the development phase asked about age and demographics

Example from Contractor Skill Training research																								
<p>Age Profile</p> <table border="1"> <thead> <tr> <th>Age Group</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>18-24</td> <td>9%</td> </tr> <tr> <td>25-34</td> <td>22%</td> </tr> <tr> <td>35-44</td> <td>13%</td> </tr> <tr> <td>45-54</td> <td>35%</td> </tr> <tr> <td>55-64</td> <td>22%</td> </tr> </tbody> </table> <p>Figure 1 - Taken from Contractor Skill Training spreadsheet (23 responses)</p>	Age Group	Percentage	18-24	9%	25-34	22%	35-44	13%	45-54	35%	55-64	22%	<p>Gender Profile</p> <table border="1"> <thead> <tr> <th>Gender</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Male</td> <td>61%</td> </tr> <tr> <td>Female</td> <td>35%</td> </tr> <tr> <td>Prefer not to say</td> <td>4%</td> </tr> </tbody> </table> <p>Figure 2 - Taken from Contractor Skill Training spreadsheet (23 responses)</p>	Gender	Percentage	Male	61%	Female	35%	Prefer not to say	4%	<p>What does this tell us?</p> <p>The contractors are mostly male, which is unsurprising in a male dominated industry. Actually having 35% female is more surprising here.</p> <p>Age wise – with 22% of those responding aged 55-64 it indicates that more than a third of those responding are likely to be retiring in the next decade or less. This would indicate a need to discuss passing on skills, to ensure a wide range of existing skills are not about to be lost and as there is a very short timeframe to train these skills it would seem wise to try and prioritise training places for younger age groups.</p> <p>There may be mentoring opportunities and paid work shadowing placements might be worth considering to 'capture' the skills of the 55+ respondents before they retire.</p>		
Age Group	Percentage																							
18-24	9%																							
25-34	22%																							
35-44	13%																							
45-54	35%																							
55-64	22%																							
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Example from Visitor Transport research																								
<p>Age Profile</p> <table border="1"> <thead> <tr> <th>Age Group</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>18 - 24</td> <td>3%</td> </tr> <tr> <td>25 - 34</td> <td>22%</td> </tr> <tr> <td>35 - 44</td> <td>8%</td> </tr> <tr> <td>45 - 54</td> <td>9%</td> </tr> <tr> <td>55-64</td> <td>8%</td> </tr> <tr> <td>65+</td> <td>1%</td> </tr> <tr> <td>Prefer not to say</td> <td>49%</td> </tr> </tbody> </table> <p>Figure 3 From Visitor Transport survey (143 responses)</p>	Age Group	Percentage	18 - 24	3%	25 - 34	22%	35 - 44	8%	45 - 54	9%	55-64	8%	65+	1%	Prefer not to say	49%	<p>Gender Profile</p> <table border="1"> <thead> <tr> <th>Gender</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Male</td> <td>29%</td> </tr> <tr> <td>Prefer not to say</td> <td>48%</td> </tr> </tbody> </table> <p>Figure 4 from visitor transport survey 143 responses</p>	Gender	Percentage	Male	29%	Prefer not to say	48%	<p>What does this tell us?</p> <p>Usually having a high number of prefer not to say respondents (over 10% is high, around 5% is expected) would indicate an issue with the survey, potentially it was too long and needed an incentive to get people to complete. Therefore these results should be treated with caution.</p> <p>What is clear is that the active travel respondents are dominated by those aged 25-34 therefore encouraging them to continue active travelling past 34 and encouraging young people to take up active travel will lead to increases, it does not need new people to suddenly start being active travellers to see increased overall numbers.</p> <p>The drop off aged 34 may well coincide with parenthood so this could be due to either reduced time or the difficulties of taking young children on active travel methods especially those which cross busy lanes.</p>
Age Group	Percentage																							
18 - 24	3%																							
25 - 34	22%																							
35 - 44	8%																							
45 - 54	9%																							
55-64	8%																							
65+	1%																							
Prefer not to say	49%																							
Gender	Percentage																							
Male	29%																							
Prefer not to say	48%																							



Map SIMD deciles 1 and 2 overlaid with IFF Climate FORTH core area (black) and wider area (red).


PROJECT 1A

LOCAL RESILIENCE PLANS

Four pilot communities: Kincardine (Fife), Bainsford & Langlees (Falkirk), Fallin (Stirling), and Hawkhill (Clackmannanshire)

This project will engage with pilot communities (proposed 4, one per LA) to develop their understanding of their heritage assets and assist them in developing a Local Resilience Plan which better protects and enhances those assets, making them more resilient to change. This project will also develop ways to share learning so that other communities in the Inner Forth can use this approach to protect and enhance their heritage. This activity will test the use of a participatory budgeting approach to enable community groups or organisations to deliver actions within their ‘local resilience plans’ and help make the Inner Forth a more resilient place by adding value to or deriving a local benefit from heritage. Not only will this provide a mechanism to deliver priorities identified in local plans but it will also help build skills and capacity and provide match funding to attract additional funding. This will include support to crowdfund, in partnership with MyPark Scotland.

Key measurement themes are resilient organisations, belonging, and inspiring others.

Project 1A Annual Data Day for each of the four areas	
	<ul style="list-style-type: none"> ▪ On data day, the lead organisations can carry out their organisational resilience profiles ▪ This is provided in the toolkit (page 16) and can be made available as an online assessment (and can be compared to previous scores and demonstrate impact over time) ▪ An external evaluation team could support this day to be an open day for partners and interested individuals and therefore measure demographic profiles of all the individuals taking part with a postcode sign in and a few simple activities and can be a place to reflect on achievements in the last year and share ideas for improvement – the place sniffer tool (which is being adapted for climate could be used to structure discussion) or the talking about your place toolkit is also a good place to start (https://www.nature.scot/doc/talking-about-our-place-toolkit-step-step-guide) <ul style="list-style-type: none"> ▪ Create a case study from each area during project lifetime ▪ Resources created can be tracked by number of downloads ▪ Use feedback grants form, which includes a demographic profile to check a wide range of people are applying for grants ▪ Monitor spend over time and also match funding attracted ▪ Encourage participatory budgeting reflection discussion in 1A annual data day ▪ Use end of grant form to assess change in resilience (Individual Resilience or Organisational Resilience depending on applicant), and an increase of resilience by a score of 1 or more is considered success ▪ End of grant form to ask if group have used this funding to leverage other support ▪ Collect one case study from a grantee which discusses heritage
Timescale – July 2023 – June 2026	
Project team evaluation tasks	Evaluation team tasks
<p>Essential</p> <ul style="list-style-type: none"> ▪ Collect completed resilience profiles at start and annually and complete monitoring monthly ▪ Use an attendance register and calculate value of volunteer time on quarterly basis <p>Desirable</p> <ul style="list-style-type: none"> ▪ Annual open day for each area, designed with support from evaluation team 	<p>Host annual open day discussion, analyse resilience profiles, create case studies (4 over project lifetime)</p>

BASELINE MEASURE (S)


Gap at present – suggest each community completes an organisational resilience profile at start of delivery phase.

Zero grants spent

PROJECT 1B

YOUTH PANEL

Facilitating and supporting a Youth Panel (with informal training) to engage a younger audience (14-25) in decisions about their local places. This is a group of individuals from across IFF area that will support and inform projects across the rest of the portfolio, particularly 1D, 1A and sustainable tourism in 3. This project will additionally include a micro-grants pot administered by the Youth Panel.

Project 1B Annual Data Day	
 <ul style="list-style-type: none"> ▪ Annual celebration where individual youth panel members complete resilience profiles ▪ This could be planned for just after a grants panel meeting ▪ Celebration includes a lunch or evening meal as a reward for taking part ▪ Celebration day includes fun activities to complete – not just a place to talk ▪ External evaluators carry out 1:1 interviews with every youth panel member which include discussion of heritage and careers and skills ▪ Use feedback grants form, which includes a demographic profile to check a wide range of people are applying for grants <ul style="list-style-type: none"> ▪ Monitor spend over time and also match funding attracted ▪ Use end of grant form to assess change in resilience (Individual Resilience or Organisational Resilience depending on applicant), and an increase of resilience by a score of 1 or more is considered success ▪ End of grant form to ask if group have used this funding to leverage other support ▪ Collect one case study from a grantee which discusses heritage <p>Timescale – July 2023 – June 2026</p>	
Project team evaluation tasks	Evaluation team tasks
<p>Essential</p> <ul style="list-style-type: none"> ▪ Collect completed resilience profiles at start and annually and complete monitoring monthly ▪ Use an attendance register and calculate value of volunteer time on quarterly basis <p>Desirable</p> <ul style="list-style-type: none"> ▪ Annual celebration day for Youth Volunteers 	<p>1:1 interviews with each youth panel member, analyse resilience profiles</p>

BASELINE


Youth panel to complete individual resilience profiles at start of delivery phase

Zero grants spent

PROJECT 1C

COMMUNITY GROUP TRAINING

This is aimed at people or groups who own and/or manage assets or want to step up to manage an asset but who don't have the required skills as yet. The project will work with groups to develop a training programme with mentoring support to give individuals & groups the skills, confidence and capacity to make the most of heritage assets.

Project 1C Annual Data Day	
	<ul style="list-style-type: none"> ▪ On data day, community groups taking part are encouraged to carry out their organisational resilience profiles ▪ This is provided in the toolkit (page 16) and can be made available as an online assessment (and can be compared to previous scores and demonstrate impact over time) ▪ Host an annual focus group on reflection of taking part where postcode and demographic details are collected, discuss impact on heritage <ul style="list-style-type: none"> ▪ Simple feedback form used at end of each training session ▪ Create at least one case study during project lifetime
Timescale – July 2023 – June 2026	
Project team evaluation tasks	Evaluation team tasks
<p>Essential</p> <ul style="list-style-type: none"> ▪ Collect completed feedback forms after training sessions and complete monitoring monthly ▪ Use an attendance register and calculate value of volunteer time on quarterly basis <p>Desirable</p> <ul style="list-style-type: none"> ▪ Collect completed resilience profiles at start and annually 	<p>Host annual focus discussion (via zoom), collect one case study, analyse feedback forms</p>

BASELINE

SIMD results of the 48 community groups (not 100% answered each question as some people answered as an individual and some answered as a group); two from SIMD decile 1, one from decile 2, three from decile 3, one from decile 4, three from decile 5, five (20%) from decile 6, two from decile 7, one from decile 8, four from decile 9, and one from decile 10. This is a really good spread with representation across the deciles, with 44% in the bottom five deciles (people who are more deprived than average) and 56% in the top five deciles (people who are less deprived than average), although there will hopefully be more focus on the lower deciles during the delivery phase. The two people answering from SIMD 2 were both answering as individuals, although one group was from SIMD2. This is often the case, lower deciles have less groups formed of volunteers and are therefore harder to reach.

Volunteer Scotland, in a report published in January 2021, 'Who contributes the most to volunteering in Scotland?' found that SIMD levels do affect volunteering, with the lowest 20% (SIMD 1 and 2 as we have used above) a third less likely to volunteer than the top 20% (SIMD 9 and 10). "SIMD Q1 has the lowest formal and informal volunteering participation rates"¹¹ However the study found that 'informal' volunteering is much more closely aligned over the deciles than 'formal' volunteering.

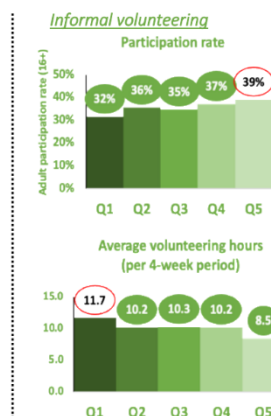
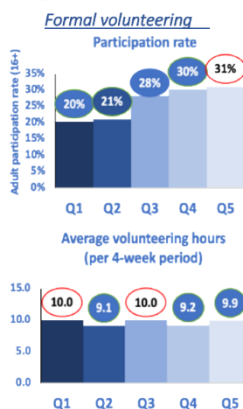
In terms of a baseline for community groups training, the DigVentures survey found – 29/35 or 83% of those groups surveyed had not accessed any training

in the last year, and the other 18% had accessed training within the last 3 years. 100% of community groups had never accessed any mentoring, which indicates large potential growth in both training and mentoring.

Who contributes the most to Scottish volunteering?



Deprivation



SIMD Q1 has the lowest formal and informal volunteering participation rates. However, the average number of formal volunteer hours per four-week period is virtually identical across the five quintiles. For informal volunteering hours, SIMD Q1 has the highest number of informal hours per four-week period.


Possible baseline question (DigVentures survey 2022)	What were the answer choices	Sample size	Answer
Have you attended any training or seminars about climate change in relation to impacts on landscapes and / or heritage in the last 12 months? Training	Never Yes (in the last 12 months) Yes (in the last 3 years) Yes (more than 3 years ago)	35* *at time of analysis (24/08/22)	Never = 29/35 or 83% Yes (in the last 12 months) = 2/35 or 6% Yes (in the last 3 years) = 2/35 or 6% Yes (more than 3 years ago) = 2/35 or 6% (rounded to 0 decimal places means not equating to 100)
Have you attended any training or seminars about climate change in relation to impacts on landscapes and / or heritage in the last 12 months? Mentoring	Never Yes (in the last 12 months) Yes (in the last 3 years) Yes (more than 3 years ago)	34* *at time of analysis (24/08/22)	Never = 34/34 or 100% Yes (in the last 12 months) = 0 Yes (in the last 3 years) = 0 Yes (more than 3 years ago) = 0

¹¹ https://www.volunteerscotland.net/media/1708662/who_contributes_the_most_to_scottish_volunteering_summary_report.pdf

PROJECT 1D

MIX AND MATCH YOUTH TRAINING

This activity supports a range of training for young people where 20 participants will access taster sessions, 200 online sessions will be delivered and 10 online training courses will be developed and accessed through a new online training portal. Certification will be explored. The programme will feature heritage assets, and will feature heritage and green job prospects. This will give young people direct access to a wider range of heritage based jobs that they may previously have been aware of.

Project 1D Annual Data Day	
	<ul style="list-style-type: none"> ▪ Training feedback forms (which cover how was the tutor and the venue but also questions about attitude to climate change) issued to people after taking part in 3/ 6/ 9 training sessions ▪ Those who take part in online training could be encouraged to do a start and end individual resilience assessment ▪ Opportunity to do a small external evaluation – Social Return on Investment (SROI) here – focussed on the 20 people from deprived areas who are likely to see very large changes in life outcomes which could demonstrate high social value – this would require attending in person to do 1:1 interviews, and discuss heritage, job skills, career plans, caring responsibilities, and other barriers
Timescale – July 2023 – June 2026	
Project team evaluation tasks	Evaluation team tasks
<p>Essential</p> <ul style="list-style-type: none"> ▪ Complete monitoring monthly ▪ Use an attendance register and calculate value of volunteer time on quarterly basis <p>Desirable</p> <ul style="list-style-type: none"> ▪ Collect completed resilience profiles at start and annually for those on qualification pathway 	SROI deep dive

SOCIAL VALUE DEEP DIVE

Project 1D youth mix and match training could have a Social Return on Investment (SROI) this could demonstrate a high rate if do work with challenging groups such as young offenders and get people into new careers. The data for this piece of work can be collected throughout the project, but the SROI can be done in year 3.

HES social value toolkit with HES and Stirling University can be used and the link to a step by step toolkit is here - <https://socialvalue.stir.ac.uk/planning-an-assessment/>

Please note, this deep dive is flexible and could pivot to 1B if that was more appropriate for example.

BASELINE MEASURE (S)

There are two baselines, one for people who work with young people and one for young people (the young people questions should be used in conjunction with Individual Resilience assessments and not alone). These are taken from the Verdancy Group scoping report for the IFF partnership in 2022.

Possible baseline question	What were the answer choices	Sample size	Average answer	Range	Number at lowest possible score	Number at highest possible score
'Please rate how stressed/concerned/overwhelmed you think the young people you work with feel about the climate emergency?' – All answers	Star rating 1-5 where 1 was least stressed and 5 was most stressed	26	The average answer was 3.6	2-5	2/25 or 8% scoring the lowest	4/25 or 16% scoring the highest
'Please rate how stressed/concerned/overwhelmed you think the young people you work with feel about the climate emergency?' – Only those who work with young people in the Inner Forth area or have done so	Do you, or have you worked with young people who spend time in the Inner Forth area? Answer Yes or No	18	The average answer was 3.6	2-5	1/25 or 4% scoring the lowest	2/25 or 8% scoring the highest
Please rate how equipped you feel the young people are to make a personal or collective difference to the climate emergency? – All answers	Star rating 1-5 where 1 was least well equipped and 5 was most well equipped	25	The average answer was 2.7	1-5	2/25 or 8% scoring the lowest	1/25 or 4% scoring the highest
Please rate how equipped you feel the young people are to make a personal or collective difference to the climate emergency? – Only those who work with young people in the Inner Forth area or have done so	Do you, or have you worked with young people who spend time in the Inner Forth area? Answer Yes or No	18	The average answer was 2.9	1-5	1/25 or 4% scoring the lowest	1/25 or 4% scoring the highest
'How confident are you in delivering learning around climate change for young people?'	Star rating 1-5 where 1 was least confident and 5 was most confident	25	The average answer was 3.7	1-5	2/25 or 8% scoring the lowest	8/25 or 32% scoring the highest
'How confident are you in delivering learning around heritage for young people?'	Star rating 1-5 where 1 was least confident and 5 was most confident	25	The average answer was 2.9	1-5	4/25 or 16% scoring the lowest	2/25 or 8% scoring the highest


Possible baseline question	How was the question worded exactly including the answer choices	Sample size	Results
<p>Do you live, work, study or volunteer in the Inner Forth (parts of Stirling, Falkirk, Clackmannanshire and Fife that border the River Forth)?</p> <p>Statistically the samples of those in area are too small to measure separately. Suggest tweak to question; Do you (or have done in the past) live, work, study, volunteer or visit areas of the Inner Forth (parts of Stirling, Falkirk, Clackmannanshire and Fife that border the River Forth)?</p>	Yes or No	27	<ul style="list-style-type: none"> 23/27 or 85% said no 4/27 or 15% said yes
<p>One of the actions in the Scottish Government's 2020 Climate Change Plan is to support people in Scotland to adapt to climate change. Have you ever thought about learning or gaining skills in top...</p>	Yes, Maybe, No	27	<ul style="list-style-type: none"> 5/27 or 19% said no 11/27 or 41% said maybe 11/27 or 41% said yes
<p>Have you ever thought about getting a job relating to climate change, resilience or heritage?</p>	Yes, Maybe, No	27	<ul style="list-style-type: none"> 13/27 or 19% said no 2/27 or 41% said maybe 10/27 or 41% said yes
<p>Please rate how concerned/stressed/overwhelmed you feel about the climate emergency.</p>	1-5 (where higher is better)	27	<ul style="list-style-type: none"> 6/27 or 22% chose 1 3/27 or 11% chose 2 3/27 or 11% chose 3 5/27 or 19% chose 4 10/27 or 37% chose 5

In the survey above 85% did not live in area, this can be contrasted with a further simpler survey which reached 'hard to reach' groups of whom the majority did live in area. This reinforces the need to segment all results by postcode.

PROJECT 1E

FAMILY OUTREACH

An outreach programme utilising heritage asset(s) that is aimed at families and explores topics of equality, health and wellbeing, relationship building, life skills and personal connection with local heritage. The families taking part in this activity will be given the opportunity to interact with heritage in a new way, with a positive experience. This deeper connection to heritage is important to Inner Forth Futures as a partnership because it is the people of the Inner Forth who will determine the future of its own heritage. Establishing a more positive connection will place a higher value on it and lead to sustainable stewardship of heritage for the future.

Project 1E Annual Data Day	
	<p>Sign in sheets can collect basic demographics and at least one question from the individual resilience forms. These can be created and used across three parts of the project – as a light touch version of the Individual Resilience measure if needed.</p> <p>Timescale – July 2023 – June 2026</p>
Project team evaluation tasks	Evaluation team tasks
<p>Essential</p> <ul style="list-style-type: none"> ▪ Use sign in sheets on open days and complete monitoring monthly ▪ Use an attendance register and calculate value of volunteer time on quarterly basis – if applicable <p>Desirable</p> <ul style="list-style-type: none"> ▪ No extra 	<p>Develop sign in sheet</p>


BASELINE

Question	Baseline Result
What do you think of the Climate & Ecological Emergency? Please state your levels of agreement or disagreement with each of the following:	Answer options: Strongly agree/ Tend to agree/ Neutral/ Tend to disagree/ Strongly disagree/ Don't know N=1079 (Stirling consultation 2020)
'I have a good knowledge about the causes and effects of climate change'	Strongly agree = 46% Tend to agree = 43% Neutral = 8% Tend to disagree = 2% Strongly disagree = 0 Don't know = 0
'My actions can help tackle Climate Change'	Strongly agree = 52% Tend to agree = 37% Neutral = 6% Tend to disagree = 3% Strongly disagree = 3% Don't know = 0
'It is important that myself and others around the Inner Forth make changes that will make this area and its heritage more resilient for the future.'	Baseline to be created at project start

PROJECT 2A

VR AND LANDSCAPE CHANGE

Inch of Ferryton and Alloa Inch are both areas of farmland, protected from incursion by the Forth Estuary by artificial bunds. Predicted sea level rise and possible increased storminess will put pressure on the existing defences. The delivery phase of the project will use Virtual Reality (VR) to engage and explain to communities and decision makers about what Alloa Inch and Inch of Ferryton areas will look like were the defences to be breached in both a controlled and uncontrolled manner. It will be an innovative approach, linked to landscape change and community input into decision making.

Project 2A Ad hoc Data Day	
 <ul style="list-style-type: none"> ▪ VR project can be simply measured, a monitored number of download and a simple embedded survey on the site where the VR sits can measure two questions; how long people used the VR and if they found it helpful plus postcode ▪ Keep register of schools and decision maker events used at and numbers attending and year group. <ul style="list-style-type: none"> ○ Ask for a show of hands at the end who enjoyed it and keep a note. ○ Schools evaluation can be very simple - ask the teacher if they would recommend to another teacher and again note the answer. <p>At mid term external evaluators can host a focus group of partners and board members where a list of influencers and decision makers who have been approached, taken part, or commented on the project activities can be listed. The people on this list can then be contacted for 1:1 interviews by the external evaluation team.</p> <p>When the VR package is delivered, if it is delivered as a 'roadshow' type event - it is accompanied by an interactive quiz which asks (and records) questions around Did this help you to understand climate change better? (Yes a lot, Yes a bit, Not sure, No) and Will you use this knowledge to make a change? (Yes a lot, Yes a bit, Not sure, No) and if the project records attendance dates and indicates how many people were influencers or decision makers (if possible and if known), data can be segmented down.</p> <p>Timescale – July 2023 – June 2026</p>	
Project team evaluation tasks	Evaluation team tasks
<p>Essential:</p> <ul style="list-style-type: none"> ▪ Collect schools simple feedback form and complete monitoring monthly ▪ Use an attendance register and calculate value of volunteer time on quarterly basis <p>Desirable:</p> <ul style="list-style-type: none"> ▪ Arrange for survey to be embedded on website 	<p>Automatic data collection through embedded survey – create survey to be embedded, host midterm focus group to identify influencers, 1:1 interviews with potential influencers, possibly use instant results software at road shows</p>


BASELINE

None as yet, but web baseline will be 0 downloads.

PROJECT 2B

INCREASING NATURAL HERITAGE RESILIENCE

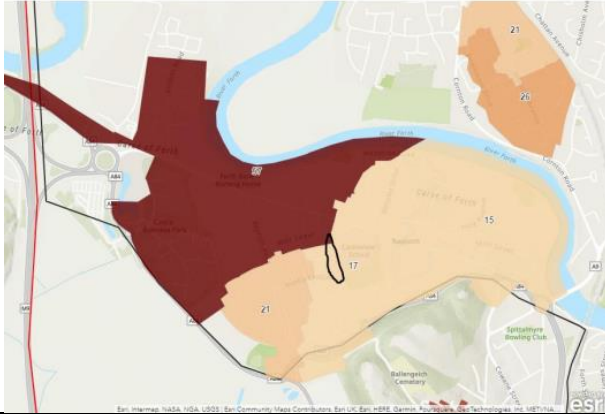
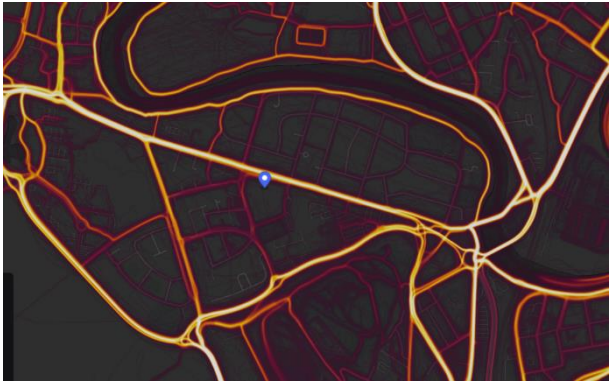

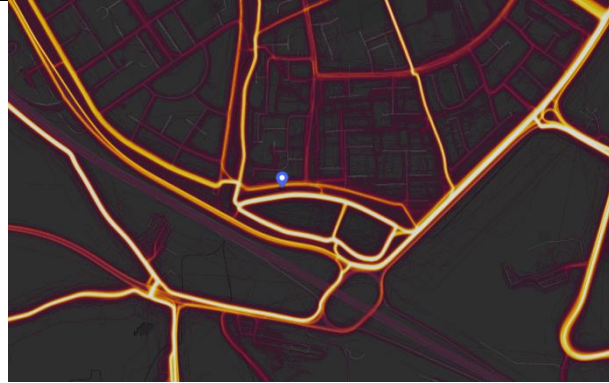
This project will work with land managers (including local authorities) and communities to demonstrate innovative approaches to managing our natural heritage to increase climate resilience, wildlife value and value to communities. This will also help address biodiversity loss and help to achieve a net-zero carbon society. The project will utilize innovative monitoring methods to quantify the benefits delivered. The sites considered will include local authority managed open spaces as well as land that links our built and natural heritage. An important aspect in site selection will be the ability for the project to deliver changes to an open space that will enhance the site and increase the enjoyment of and engagement with built heritage assets

Project 2B Annual Data Day	
	<ul style="list-style-type: none"> ▪ The co-creators could be encouraged to do a start and end individual resilience assessment ▪ Before and after imagery of each site will show changes ▪ Ecological assessment will show changes resulting for wildlife ▪ Investigate places for a waterproof footfall counter to be installed, where a sample can be taken over a one week period before changes and after and repeated on an annual basis – at both sites ▪ Opportunity to do a small external evaluation – Co creation – where the group of volunteers who helped develop the site can complete video case studies and a small animation could be produced to show what the project has achieved – potential to be across one or both sites <ul style="list-style-type: none"> ▪ An annual open day can be developed with external evaluators to assess local people’s perceptions of the site and how it works for wildlife and the climate which can discuss heritage <p>At mid term external evaluators can host a focus group of partners and board members where a list of influencers and decision makers who have been approached, taken part, or commented on the project activities can be listed. The people on this list can then be contacted for 1:1 interviews by the external evaluation team.</p> <p>Timescale – July 2023 – June 2026</p>
Project team evaluation tasks	Evaluation team tasks
<p>Essential:</p> <ul style="list-style-type: none"> ▪ Collect completed resilience profiles at start and end, take before and after photographs and complete monitoring monthly ▪ Project team collect feedback forms ▪ Use an attendance register and calculate value of volunteer time on quarterly basis <p>Desirable:</p> <ul style="list-style-type: none"> ▪ Arrange periodic video footage and end of project ecological assessment, install footfall counter 	<p>External evaluators carry out analysis of data and co-creation evaluation alongside developing materials for team to use on open day</p> <p>Work with team and co-creators to storyboard video content, work with videographer (Climate FORTH team, IFF partners or works contractor) to edit content on video case studies, develop sign in sheet (same as in 1E)</p>

BASELINE

The chosen two sites received (RAG rating) scores on a number of criteria which could be replicated. Wellbeing was scored under the following headings; *Opportunities for better connectivity for active travel *Scope for improved use of natural environments / increase in visitors *Scope to improve management of the site for benefit of people & wildlife *Scope for more distinctive placemaking Wildlife was scored under the following headings; *Opportunities for ecological enhancement *Ancient woodland *SSSI *Special Area of Conservation (SAC) *Listed building *Scheduled Monuments *Battlefields Inventory *Buglife Pollinator Way

This baseline data was sourced from RaeburnFarquharBowen’s Heritage Assets Options Appraisal for the IFF partnership in 2022.

Area	Scoring	Strava Heat Map
The chosen site in Stirling – greenspace on west of Glendevon drive, Raploch	<p>SIMD 1 * Wildlife total= 6.5 * Wellbeing total= 3 * Other total = 4 * Total Score 20.5</p> 	<p>Centring on the first selected site: Heatmap Strava data on this postcode FK8 1SD in August 22</p> 
The chosen site in Falkirk is Rannoch Park, Grangemouth h	<p>SIMD 4 * Wildlife total= 9 * Wellbeing total= 4 * Other total = 4 * Total Score 25</p> 	<p>Centring on the second selected site: Heatmap Strava data on this postcode Rannoch Road, Grangemouth, FK3 0HS, in August 22</p> 

DEEP DIVE PROJECT 2B


Projects can take part in a series of video case studies including interviews with people taking part in (some/ all?) of Project 2B and 2D. These can include a selection of before and after images and maybe even some footage of activity. The co-creation aspect can be echoed in the planned video – the story told could also be co-created – it might be worth focusing on planting or biodiversity, or family days, or new visitors. Whatever the focus ends up being, the video can tell the tale.

Recommend filming is carried out during project activities, provided by either RSPB or HES team. Evaluation team can edit to become case study, storyboarding and co-creation part of project team workplan

PROJECT 2C

ENHANCING CONTRACTOR SKILLSETS TO DELIVER HERITAGE RESILIENCE

A practical skills training programme to increase the number of groundwork operatives (contractors & public sector) who are skilled, confident and experienced in undertaking habitat management with the end aim of climate adaptation or mitigation. Through this, a wider range of Inner Forth sites and species will benefit from work - resulting in these locations having increased resilience to change, funded projects having a wider variety of operatives to select from, and operatives in multiple sectors having increased their adaptability and resilience through pivoting their skill-set, so being better positioned to tender for work (specifically habitat enhancement).

Project 2C Annual Data Day	
	<p>Training feedback forms (which cover how was the tutor and the venue but also questions about attitude to climate change) issued to people after taking part include agreement to be called in 6 months</p> <ul style="list-style-type: none"> Carry out 6 month follow up calls with contractors to see if they have used the training to win new jobs and discuss the heritage assets they have worked on since training Host a focus group at mid-point to see if organisations who hire contractors are benefitting from a wider pool of contractors
Timescale – July 2023 – June 2026	
Project team evaluation tasks	Evaluation team tasks
<p>Essential:</p> <ul style="list-style-type: none"> Collect completed feedback forms and complete monitoring monthly Use an attendance register and calculate value of volunteer time on quarterly basis Project team collect feedback forms and carry out 6 month later calls <p>Desirable:</p> <ul style="list-style-type: none"> No extra 	<p>External evaluators carry out focus group</p> <p>Develop contractor feedback form to include permissions for follow up, Call contractors after 6 months for 1:1 interviews, host mid-term focus group with organisations who hire contractors</p>

BASELINE

Using the survey to contractors we have flipped the answers into one easily comparable number, where nearer to 1 is better.

These metrics were calculated in the following way- survey respondents were given a series of topics and asked how confident they feel about these topics, with the answers ranging from 'very confident', 'somewhat confident' or 'not confident'. We then took these responses and counted how many times each response was given. These responses were given a weighting, so 'very confident' had a value of 1, and 'not confident' was given a value of 0 with answers in between fitting in between. These values are averaged out across all respondents to give a final metric value between 0 and 1, where a higher number is more positive.

There were additional questions asking how often the respondents undertook these activities, ranging from: *Carry out rarely *Carry out regularly as part of routine work *Carry out sometimes *Never carry out, but would be interested to *Never carry out, not part of our work.


We reduced these to yes/no answers and added them to the confident metric to see if there was correlation between confidence and whether they did the activities. This should make the results easy to compare in future.

This is taken from the Sniffer Scoping Report for the IFF partnership in 2022 Sample size – 23 –	Do you carry out these activities?			What does this mean?
	Yes	No	Confidence Metric	
Grassland management and enhancement (wildflower meadows, road verges and urban spaces for pollinators and biodiversity) - Do you feel confident carrying out this type of activity?	83%	17%	0.74	This activity is carried by many, with 83% saying yes, and confidence is fairly high
Access and visitor management (creating footpaths, gates and fencing, signage) - Do you feel confident carrying out this type of activity?	65%	35%	0.68	This activity is carried by more than half, with 65% saying yes, and confidence is fairly high
Habitat creation (habitat boxes for bats and birds, or habitats for other animals) - Do you feel confident carrying out this type of activity?	74%	26%	0.65	This activity is carried by many, with 74% saying yes, and confidence is fairly high
Rivers and wetland management (pond creation, reedbed and lagoon management) - Do you feel confident carrying out this type of activity?	65%	30%	0.39	This activity is carried by more than half, with 65% saying yes, yet confidence is low
Tree planting, woodlands and forestry (planting trees, forestry operations, hedgerows and treelines) - Do you feel confident carrying out this type of activity?	87%	13%	0.79	This activity is carried by many, with 83% saying yes, and confidence is fairly high
Drainage and flood protection (gully cleaning, unblocking culverts, maintenance of drainage systems) - Do you feel confident carrying out this type of activity?	78%	22%	0.67	This activity is carried by many, with 83% saying yes, and confidence is fairly high
Peatland and heathland management (ditch blocking, tree removal, re-wetting of bog, machinery operation) - Do you feel confident carrying out this type of activity?	43%	57%	0.31	This activity is carried by less than half, with only 43% saying yes, yet confidence is low
Invasive species management (removal of spartina cordgrass, rhododendron, or other invasive plants) - Do you feel confident carrying out this type of activity?	91%	9%	0.73	This activity is carried by almost all, with 91% saying yes, and confidence is fairly high

PROJECT 2D

INNOVATIVE HERITAGE REPURPOSING

This project will demonstrate how heritage can be used to facilitate a just transition, how it can support local resilience and be an integral part to the green recovery. It will showcase innovative ways that heritage can be made more resilient to become a valuable resource in climate adaptation and mitigation, and provide a focal point for environmental, social and economic resilience.

Project 2D Annual Data Day	
 <ul style="list-style-type: none"> ▪ On data day, the organisations can carry out their organisational resilience profiles ▪ This is provided in the toolkit (page 16) and can be made available as an online assessment (and can be compared to previous scores and demonstrate impact over time) ▪ An external evaluation team could support this day to be an open day for partners and interested individuals and therefore measure demographic profiles of all the individuals taking part with a postcode sign in and a few simple activities and can be a place to reflect on achievements in the last year and share ideas for improvement <ul style="list-style-type: none"> ▪ Create a case study from each area during project lifetime with heritage asset focus ▪ Before and after imagery of the assets <p>At mid-term external evaluators can host a focus group of partners and board members where a list of influencers and decision makers who have been approached, taken part, or commented on the project activities can be listed. The people on this list can then be contacted for 1:1 interviews by the external evaluation team.</p> <p>Timescale – July 2023 – June 2026</p>	
Project team evaluation tasks	Evaluation team tasks
<p>Essential:</p> <ul style="list-style-type: none"> ▪ Collect completed resilience profiles at start and end, take before and after photographs and complete monitoring monthly ▪ Use an attendance register and calculate value of volunteer time on quarterly basis ▪ Led by the local authorities, supported by project team and facilitation on the day from external evaluators <p>Desirable:</p> <ul style="list-style-type: none"> ▪ No extra 	<p>As in 2A plus create two case studies</p>

BASELINE

Heritage assets – Valleyfield Estate (Fife) and Sauchie Hall (Clacks) to complete resilience profile at start of delivery phase, either as a group or as one person representing the whole, for example as the site owner (council) with input from the Historic Heritage Working Group.

PROJECT 3A

FEATURING THE FORTH: VISITOR PROMO & BUSINESS ENGAGEMENT

This activity will underpin the involvement of businesses in promoting, developing and sustaining the engagement of local and visitor audiences with the heritage assets of the Inner Forth. It will support the economic resilience of local businesses by increasing awareness of heritage assets and encouraging diversity of activity associated with these assets (developing: the Round the Forth route, a Tourism Toolkit, training workshops, visitor itineraries). The activity will include a trial of encouraging voluntary financial contributions from visitors and local business customers. This will contribute to objective 3 by establishing an income stream to fund ongoing works and activities, contributing to the sustainability of the partnership’s work and providing a mechanism to invest in local heritage and increase its resilience to change.

Project 3A Annual Data Day



- Monitoring of key documents – i.e. toolkit downloads, usage of the VisitScotland website to access information about the rebranded Round the Forth route
- Focus group with Sustrans and individuals who created the new brand to discuss usage
- Monitoring of donations which are then mapped over time and by location
- Survey at midterm project point to repeat confidence measure (shown below as baseline) – this will also collect information to create business profiles of who is taking part and include postcodes
- 1:1 interviews with businesses using the toolkit and discuss economic resilience and understanding of heritage assets and discuss the idea of a 20 minute neighbourhood with businesses that also have local customers
- Create at least one business case study

Timescale – July 2023 – June 2026

Project team evaluation tasks	Evaluation team tasks
<p>Essential Keep a record of donations including location, amount and time and complete monitoring monthly</p> <p>Desirable Share individual resilience profiles with volunteers on annual basis, arrange focus group Use a proxy and each donation to have a matched 5-minute (identify average donation time once method agreed) volunteer time</p>	<p>External evaluators carry out 1:1 interviews, survey and analysis</p> <p>Carry out up to 10 1:1 interviews with businesses, design surveys, analyse data and host focus group</p>

BASELINE

Financial baseline is 0.

There may be baseline data available from Sustrans, this possibility is still being investigated at time of writing.


Using the survey to tourism businesses we have flipped the answers into one easily comparable number, where nearer to 1 is better. Confidence is currently low across the board.

Possible baseline question, collected during 2022 development project	How was the question worded exactly including the answer choices	Sample size	Results	Change
Are you interested in providing more services for walkers and/or cyclists?	Yes/ No	16	No=19% Yes=81%	A decrease in this will be positive – showing people are providing as many services as they want to
How confident do you feel on the following; Cycling routes (and their level of difficulty)	These metrics were calculated in the following ways. Survey respondents were given a series of topics and asked how confident they feel about these topics, with the answers ranging from ‘extremely confident’ to ‘not confident’. We then took these responses and counted how many times each response was given. These responses were given a weighting, so ‘Extremely confident’ had a value of 1, and ‘not confident’ was given a value of 0 with answers in-between scoring 0.5. These values are averaged out to give a final metric value between 0 and 1, where a higher number is more positive.		0.41	Increases in scores show growing confidence across respondents
Where to park their bike safely			0.22	
How to reach a visitor attraction or heritage site by bike			0.44	
Where to buy cycling related supplies			0.34	
Where to fix their bike			0.34	
Where to hire a bike/e-bike			0.31	

PROJECT 3B

CYCLE FORTH: CAPITAL SPEND TO ENHANCE THE CYCLE TOURISM NETWORK

This activity will help visitors choose more sustainable methods of exploring heritage and improve the interconnectedness of the heritage assets in the Inner Forth area. In doing so, it will build on the economic and social resilience of local communities and businesses and work towards increasing year-round accessibility.

Project 3B Annual Data Day	
 <ul style="list-style-type: none"> ▪ Bike counter on new routes – and get sample of nearby before open to compare to if possible ▪ Movable bike counter would mean can get sample of week before signs installed and 3 months later – this will be important on each of the 10 bike parking locations ▪ Survey to heritage assets and tourism providers who provide facilities can assess an increase in visitor frequency and / or overall visitor numbers including travel methods ▪ Potential extra evaluation focus on cycle volunteers <ul style="list-style-type: none"> ▪ Before and after imagery of signs installed ▪ Green Heritage Transport Service can be monitored by number of people using it, and evidence of growth per quarter can indicate success. For example, this might include a target of 5 customers per quarter for the first year, increasing to 8 in the second year of delivery and 12 in the third year. <p>Timescale – July 2023 – June 2026</p>	
Project team evaluation tasks	Evaluation team tasks
<p>Essential</p> <ul style="list-style-type: none"> ▪ Project team organise bike counters ▪ Keep a record of GHTS users, take before and after photographs, ▪ Use an attendance register and calculate value of volunteer time on quarterly basis <p>Desirable</p> <ul style="list-style-type: none"> ▪ Install and move and record bike counters 	<p>Deep dive</p> <p>External evaluators carry out surveys and extra evaluation on cycle volunteers</p>

BASELINE

Possible baseline question	Sample size	Results
How often do you typically visit the Inner Forth Area (area between the river and the dotted blue line)	143	<ul style="list-style-type: none"> ▪ Every day = 27% ▪ About weekly =17% ▪ About monthly=18% ▪ About quarterly = 14% ▪ About yearly = 11% ▪ Never =1% ▪ Other (please specify)= 2% (answers included I live there and several times) ▪ Did not answer = 10%
Have you ever walked, cycled or wheeled to the Inner Forth area?		<ul style="list-style-type: none"> ▪ Yes=63% ▪ No=23% ▪ Blank=12%
What was your main mode of transport on your most recent visit to the Inner Forth Area?		<ul style="list-style-type: none"> ▪ Public Transport (bus, train, taxi)=17% ▪ Car / motorcycle- All types=45% ▪ Walking/Cycling=28% ▪ Wheeling=4% ▪ (blank)=11% ▪ Live here=1%
What was your main mode of transport on your most recent visit to the Inner Forth Area? (Active travel -walking, cycling and wheeling-segmented by frequency)	93	<p>Of those who have used active travel – this is how often they visit the Inner Forth area</p> <ul style="list-style-type: none"> ▪ Every day = 53% ▪ Weekly = 12% ▪ Monthly =22% ▪ Annual = 6%

CYCLE VOLUNTEERING FOCUS

One area which is likely to be worth looking at in a bit more detail is cycle volunteering – as there was such a good response. Originally 10 volunteers spent 5.6 hours each on average noting 56 points of interest. That’s a rate of one point of interest per hour. Hopefully the project will repeat this activity and note that people had to spend more time finding things that need addressing (if the points of interest are negatives) or find more positives per hour (if they are positive).

SIMD results of the 10 cycle volunteers; one from SIMD decile 4, one from decile 7, two from decile 8, one from decile 9 and four are from decile 10. Usually we are really good at attracting people like ourselves, which means it will be important to ensure some representation from SIMD 1 and 2 is included in decision making and volunteering.


But that might be almost impossible, in which case, it will be doubly important to make sure that the improvements made by volunteers are used by people from SIMD1 and 2. This could mean very carefully pinpointing locations which are in that area.

An external evaluation could focus here on the story of the cycle volunteers, but more from the perspective of who this benefits in the end, and a series of info-graphics would communicate the facts of changes (x miles of new tracks, 40 new locks, 1 million miles ridden and tested type statistics) in an engaging way which can be shared across social media.

PROJECT 3C

RECREATION FORTH: EVENTS & ACTIVITY OPPORTUNITIES

This activity will contribute significantly to the overall communications and events strategy that is required to ensure the engagement of local and visitor audiences with the heritage assets of the Inner Forth in a sustainable and healthy way. By delivering events, competitions and voluntourism opportunities it will support repeat visits and sustainable staycations as well as the economic resilience of local businesses by increasing awareness of heritage assets, encouraging diversity of activity associated with these assets and by incorporating means of making financial contributions to support heritage management at those events and activities.

Project 3C Annual Data Day	
	<ul style="list-style-type: none"> Use a postcard sign in sheet at outreach days which includes some basic demographic information and include one question from the resilience checklist, or potentially use the resilience checklist Outdoor art trail visitors monitored via bike counter moved to locations where it is happening, again including a planned before and after monitoring to allow for accurate estimates <p>Timescale – July 2023 – June 2026</p>
Project team evaluation tasks	Evaluation team tasks
<p>Essential</p> <ul style="list-style-type: none"> Data day led by the project team Use sign in sheets on open/art trail days and complete monitoring monthly <p>Desirable</p> <ul style="list-style-type: none"> No extra 	<p>Analysis of results from external evaluators</p> <p>Develop sign in sheet (same as in 1E and 2B)</p>

BASELINE

Zero for donations. These should be mapped out by month, average donation, location and time of donation.

Using the survey to tourism businesses we have flipped the answers into one easily comparable number, where nearer to 1 is better.

The metrics below were calculated in the following ways. Survey respondents were given a series of topics and asked how confident they feel about these topics, with the answers ranging from 'extremely confident' to 'not confident'. We then took these responses and counted how many times each response was given. These responses were given a weighting, so 'Extremely confident' had a value of 1, and 'not confident' was given a value of 0 with answers in-between scoring 0.5. These values are averaged out to give a final metric value between 0 and 1, where a higher number is more positive.

How confident do you feel about the following?	All answers (sample size 16)	Clackmannanshire (Sample size 5)	Falkirk (sample size 4)	Fife (sample size 3)	Stirling (sample size 4)
Local sites to visit	0.84	0.70	0.75	1.00	0.25
Local history and culture	0.66	0.60	1.00	0.67	0.25
Local nature and wildlife	0.63	0.80	1.00	1.00	0.63

How to reach heritage sites and visitor attractions on foot	0.63	0.60	0.75	0.33	0.25
Local walking trails (and their level of difficulty)	0.50	0.30	0.50	0.33	0.00
How to reach heritage sites and visitor attractions by public transport	0.28	0.70	1.00	0.33	0.38
Wheelchair and buggy friendly paths	0.19	0.10	0.63	0.00	0.00

Key points to note from the above:

- Confidence levels across wheelchair and buggy friendly path information are exceptionally low across the area, but Fife and Stirling have no confidence at all in this area
- Confidence around local walking trails is also low everywhere
- Confidence around local nature and wildlife are fairly high
- It may be worth sharing what Falkirk are doing about 'how to reach heritage sites and visitor attractions by public transport' as it is obviously working
- It may be worth sharing what Falkirk and Fife are doing about 'local nature and wildlife' as it is obviously working
- It may be worth sharing what Fife are doing about 'local sites to visit' as it is obviously working

PROJECT COMMS

COMMUNICATIONS DASHBOARD

A comms dashboard could be developed. This would be best as a spreadsheet which is updated quarterly. This is instead of a data day for this theme. Important items to measure include;

- Website hits – home page visits and trend, average visits over time and trend, total visits all pages, top 3 (top 5?) viewed items this quarter
- Social media – twitter – currently collecting stats as per baseline below – suggest continue
- Social media – Facebook - currently collecting stats as per baseline below – suggest continue
- PR - currently collecting stats as per baseline below – suggest continue
- Printing and distribution – collect print costs per quarter, number of items produced and price per item
- Volunteer hours – collect per quarter
- Events held – for promotion or awareness – collect number attended and which organisations
- Events attended – external events – attendance numbers

Items likely to need adding include; Arcgis storytime measures, Instagram account (given core demographic of 14-25 year olds? – possibly Tiktok too?), When website goes live include an embedded survey – simple ‘Did you find everything you wanted?’ question followed by postcode on three key pages (not homepage) – initially measure stats on weekly basis to troubleshoot and then move to home page and report quarterly.

At mid term external evaluators can host a focus group of partners and board members where a list of influencers and decision makers who have been approached, taken part, or commented on the project activities can be listed. The people on this list can then be contacted for 1:1 interviews by the external evaluation team.

EXPLORE – GIS MAPS -STIRLING COUNCIL EXAMPLE

Tree planting map – on GIS also allows people to add their postcode and say what action they are taking for biodiversity – this is what Stirling council use to measure the indicator ‘Proportion of individuals taking action for biodiversity’ which has a target of 3/10 residents by 2030 and 5/10 residents by 2045

It is a simple system and could easily include a couple of key questions (possibly changed on a 6 monthly basis) which could help measure change in attitudes over time. This idea may be able to be linked to the ArcGIS story time activity under comms. An embedded survey is likely going to be useful, but the location of where it sits is to be refined.

Indicator (against a 2019 baseline)	Interim Target	2045 Target
Indicative area-wide targets		
Number of new trees planted in the Council area	+80,000 by 2023 +360,000 by 2030	+1,000,000
% of residential properties within 500 m of an accessible semi-natural green space <small>(36% in 2009/10 Open Space Audit)</small>	80% by 2030	100%
Proportion of individuals taking action for biodiversity	3/10 residents by 2030	5/10 residents

BASELINE

Website baseline	Web home page visits	Total visits all pages	Average visits over time	Top 3 visited pages
Pre development baseline – 2021	Not known	32972	(since Aug 21 = 12 months) 2748	<ol style="list-style-type: none"> 1. Help shape work on climate adaptation and resilience around the Inner Forth 2. Inner Forth Futures partnership open recruitment

Development baseline – Feb 22 - Aug 22	4913	Total visits Feb 22 – Aug 22 66169	(total visits all pages divided by month created – Feb 22 to Aug 22=6)* 11028	<ol style="list-style-type: none"> 1. Climate Forth recruiting young leaders 2. Climate Forth invitation to quote: Monitoring and Evaluation framework 3. Climate Forth invitation to quote: Design of a community heritage group training
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*The example above is an approximate baseline – as different pages went live at different times. The full comms dashboard can count this in a more sophisticated way by adding exact ‘live’ dates

	Twitter		Facebook	
Social media baseline	Following	Reach	Following	Reach
Pre-development (Nov 21 – Mar 22)	Not known	25402	Not known	12906
Development - start Apr 22	1475	Not known	2066	Not known
Development – first quarter Apr 22-Aug 22	1514	40338	2100	291128

APPENDIX FIVE - WIDER INFLUENCE MEASURES

NatureScot indicators which are worth exploring

Nature Scot have two public perception indicators

How do you rate your local landscape and has it got better or worse? And are currently developing a climate change indicator which will be asked in the 10 year surveys

‘Scotland’s landscapes are changing for the better’ – Aug 2019 results – 6% don’t know/ not sure, 4% disagree strongly. 22% tend to disagree, 38% neither, 22% tend to agree and 9% agree strongly (source

<https://www.nature.scot/sites/default/files/2020-02/Scottish%20Nature%20Omnibus%20-%20summaries%20-%20Public%20perception%20of%20landscape%20in%20Scotland%20-%20August%202019.pdf>)

Measures from the 2030 CSGN delivery plan (DP30) which could be used

Explore way of providing current GIS map overlaying Climate FORTH project area, SIMD 1 and 2 and ‘Strategic Active Travel Network’ to show a baseline – although caveat might not be updated during project lifetime

Explore way of ‘Scotland’s Greenspace Map’ overlaid with SIMD 1 and 2 pockets in Climate FORTH project area would help us identify areas where they are environmental inequalities – especially if this could be compared with SIMD 9 and 10 for example

Geographic Emissions annual Data

All four local authorities have to report on emissions, and these are published annually (one year time lag) on

<https://sustainable-scotland-network.org/reports>

Although the local authorities do not collect exact matching data, this could start to align over the project lifespan and movement in the per head figure and per metre figures could also show regional changes.

Year	Local Authority	Population	Metres 2	Total emissions	Total emissions per head (rounded to 2 decimal places)	Total emissions per metre 2 (rounded to 2 decimal places)
2020	Clackmannanshire	51290 (est)	116082	5986	0.12	0.05
2021	Clackmannanshire	51290	116082	5045	0.10	0.04
Trend	-	-	-	16% decrease	17% decrease	20% decrease
2020	Falkirk	160560	368907(est)	47007	0.29	0.12
2021	Falkirk	160560(est)	368907	38862	0.24	0.11
Trend	-	-	-	17% decrease	17% decrease	8% decrease
2020	Fife	374130	Not known	55585	0.15	
2021	Fife	374130(est)	Not known	49655	0.13	
Trend	-	-	-	11% decrease	13% decrease	
2020	Stirling	94080 (est)	188000 (est)	12904	0.14	0.07
2021	Stirling	94080	188000	11836	0.13	0.06
Trend	-	-	-	8% decrease	7% decrease	14% decrease

Participation rates specific to young people

Specific to young people - report source is here – <https://www.skillsdevelopmentscotland.co.uk/media/48147/annual-participation-measure-2021-report.pdf> The Annual Participation Measure (APM) reports on the economic and employment

activity of 16-19 year olds in Scotland. It is the source of the Scottish Government’s National Performance indicator “Percentage of young adults (16-19 year olds) participating in education, training or employment”. This report marks the seventh release of statistics on the participation of 16-19 year olds at a national and local authority level and the sixth using the Annual Participation Measure reporting methodology. Data is from 2021.

Area	Participating	Not participating	Unknown	Percentage point change in participation rate between 2020 and 2021
Stirling	93.7%	2.8%	3.5%	-0.07%
Falkirk	91.8%	3.2%	5%	-0.01%
Fife	91%	3.8%	5.1%	-0.07%
Clackmannanshire	90%	4.5%	5.6%	+0.06%

APPENDIX SIX - MONITORING AND EVALUATION FRAMEWORK SPREADSHEET



Climate FORTH - ACTIVITY SUMMARY - 31st October 2022									
Code	Activity	Cash Value	Activity Purpose	Outputs	Evidence/Indicator	Theme outcome	Evidence/Indicator	Headline output reference	Output group
1A	Local Resilience Plans	£270,000	Develop 4 heritage focused Local Resilience Plans with participatory budgets with Kincardin, Hawkhill, Fain, and Balfour & Langhills. This activity will engage with pilot communities to develop their understanding of their heritage assets and assist them in developing a Local Resilience Plan which better protects and enhances those assets, making them more resilient to change. This programme of work will develop ways to share learning so that other communities in the Inner Forth can use this approach to protect and enhance their heritage.	1 Local Resilience Plan for each of the four selected communities - 4 plans in total	3 workshops with 15 people attending - 13 workshops in total with 180 people attending	3 workshops with 15 people attending - 13 workshops in total with 180 people attending	3 workshops with 15 people attending - 13 workshops in total with 180 people attending	3 workshops with 15 people attending - 13 workshops in total with 180 people attending	3 workshops with 15 people attending - 13 workshops in total with 180 people attending
				1 Youth Panel	20 young champions aged 11 to 17 participating - 80 in total	1 monitoring visit with 10 young persons/visits - 4 visits with 120 visits	1 Youth Panel celebration event and impact report	1 Youth Panel to meet every two months for three years, a total of 36 meetings	1 Youth Panel to meet every two months for three years, a total of 36 meetings
1B	Youth Panel	£25,000	This activity will meaningfully involve young people with their local community's local resilience plan. The young people and their communities will develop their understanding of their heritage assets and develop a local Resilience Plan which better protects and enhances those assets, making local heritage more resilient to change. This activity will also develop ways to share learning so that other communities in the Inner Forth can use this approach to engage young people in decision making to protect and enhance their heritage.	1 Youth Panel celebration event and impact report	1 Youth Panel to meet every two months for three years, a total of 36 meetings	1 Youth Panel to meet every two months for three years, a total of 36 meetings	1 Youth Panel to meet every two months for three years, a total of 36 meetings	1 Youth Panel to meet every two months for three years, a total of 36 meetings	1 Youth Panel to meet every two months for three years, a total of 36 meetings
1C	Community Group Training and Mentoring	£36,800	This activity is aimed at people or groups who own and/or manage natural, built or cultural heritage assets or want to step up to manage an asset but who may not have the required skills as yet (and/or perceived). The activity will deliver a free training programme for groups that will include an element of mentoring support to give individuals & groups the skills, confidence and capacity to make the most of their heritage assets.	10 facilitated conversations about heritage and climate	75 active participants	30 downloads of the facilitator pack and talk action workshops	75 active participants	10 facilitated conversations about heritage and climate	75 active participants
1D	Youth Mix and Match training	£20,000	Training will focus on action learning activities that will encourage people of all ages and abilities to get hands-on with facing the challenge, offering a wide range of opportunities which can be tailored to specific audience groups and co-delivered with locally based community groups and societies.	10 facilitated conversations about heritage and climate	75 active participants	30 downloads of the facilitator pack and talk action workshops	75 active participants	10 facilitated conversations about heritage and climate	75 active participants
1E	Family Outreach	£13,500	This activity supports individual and place-based resilience building, enabling of local action, using heritage assets as the driver for climate adaptation. It delivers a two and a half day personal growth based training programme that allows participants to choose whether to participate on-line, in-person or through both methods. Certification will be awarded for attendance at sessions or completion of online course.	24 Family outreach sessions delivered over two to three years	200 people engaged in each Family outreach session, 480 people in total	24 Family outreach sessions delivered over two to three years	200 people engaged in each Family outreach session, 480 people in total	24 Family outreach sessions delivered over two to three years	200 people engaged in each Family outreach session, 480 people in total
Community objective total		£355,300							
2A	Virtual Reality and Landscape Change	£14,000	Alcoa Inch is an area of farmland protected from incursion by the Forth Estuary by artificial banks. Predicted sea level rise and possible increased storminess will put pressure on the existing defences. The project will use Virtual Reality (VR) to engage and explain to communities about what Alcoa Inch and comparable coastal areas would look like were the defences to be breached in both a controlled and uncontrolled manner. It will be innovative approach, linked to landscape change and community report into decision making.	Develop a novel user-facing VR to explore managed realignment, dynamic site management and landscape change	400 to 500 people engaged via Forth Estuary immersion classroom plus QRIS and QRAT talks	2 strategic stakeholder events held, 30 people engaged through stakeholder events	1 monthly activity session	2 strategic stakeholder events held, 30 people engaged through stakeholder events	1 monthly activity session
2B	OpenSpace Management	£114,137	This project will work with land managers (including local authorities) and communities to demonstrate innovative approaches to managing our natural heritage to increase climate resilience, wildlife value and value to communities. This will also help address biodiversity loss and help to achieve a net zero carbon society. The project will utilise innovative monitoring methods to quantify the benefits delivered.	2 landscape management plans created with 2 natural heritage assets made more resilient to climate change	2 heritage assets made more resilient to the impacts of climate change	1 ha of land established in a climate resilient way	0.8 ha of new meadows sown	2 landscape management plans created with 2 natural heritage assets made more resilient to climate change	2 heritage assets made more resilient to the impacts of climate change
2C	Contractor Training	£16,950	This free practical skills training programme will increase the number of groundwork operatives (contractors & public sector) who are skilled, confident and experienced in undertaking habitat management with the aim of climate adaptation or mitigation. Through this, a wider range of inner Forth sites and species will benefit from work resulting in these locations being increased resilience to change, funded projects having a wider variety of operatives to select from, and operatives in multiple sites having increased their adaptability and resilience through proving their skill set, to be better positioned to tender for work (specifically habitat enhancement).	1 monitoring and evaluation report	Deliver 18 contractor training sessions	180 attendees at training sessions	50 businesses and organisations engaged	1 monitoring and evaluation report	Deliver 18 contractor training sessions
2D	Historic Heritage Management	£100,000	This project will demonstrate how heritage can be used to facilitate a just transition, how it can support local resilience and be an integral part to the green recovery. It will showcase innovative ways that heritage can be made more resilient to become a valuable resource in climate adaptation and mitigation, and provide a focal point for environmental, social and economic resilience.	2 heritage assets made more resilient to the impacts of climate change	1 monitoring and evaluation report			2 heritage assets made more resilient to the impacts of climate change	1 monitoring and evaluation report
Heritage objective total		£280,187							
3A	Visitor Promotion & Tourism Toolkit	£50,650	This activity will help to support the economic resilience of the inner Forth area, by promoting the inner Forth as a visitor destination and encouraging repeat visits, longer stays and out-of-season visits. This activity will also support the environmental and social sustainability of heritage tourism in the inner Forth by encouraging local tourism and on-foot travel. This activity is designed to reduce the social and environmental pressures of tourism at hotspots sites, reduce the negative effects of seasonality and to spread the economic benefits of heritage tourism around the landscape. By promoting active travel along the cycle routes, this activity also promotes healthy lifestyles and sustainable choices when exploring the inner Forth area and its unique heritage.	1 cycle route rebranded in the landscape totalling 100 km	1 cycle route added to the Sustrans journey planner on the VisitScotland website	1 cycle route added to the Sustrans journey planner on the VisitScotland website, totalling 200 km	1 cycle route added to the Sustrans journey planner on the VisitScotland website, totalling 200 km	1 cycle route rebranded in the landscape totalling 100 km	1 cycle route added to the Sustrans journey planner on the VisitScotland website
3B	Cycle Tourism Network	£181,650	This activity will help visitors choose more sustainable methods of visiting heritage and improve the interconnectedness of the heritage assets in the inner Forth area. The activity is designed to reduce the social and environmental pressures of tourism at hotspots sites, reduce the negative effects of seasonality and to spread the social and economic benefits of a green tourism economy around the landscape. Using the inner Forth's natural, built and cultural heritage as a unique selling point, this activity will make more of the inner Forth's heritage and raise awareness about its value.	1 functioning transport service with 200 people using the service	20 signs installed directing NCV users to 'inner Forth' heritage sites of interest	10 new bike parking facilities installed at agreed locations	5 new bike maintenance stations	1 functioning transport service with 200 people using the service	20 signs installed directing NCV users to 'inner Forth' heritage sites of interest
3C	Heritage Tourism Events & Activities	£28,000	This activity will contribute significantly to the overall communications and events strategy that is required to ensure the engagement of local and visitor audiences with the heritage assets of the inner Forth in a sustainable and healthy way. It will support repeat visits and sustainable staycations as well as the economic resilience of local businesses by increasing awareness of heritage assets, encouraging diversity of activity associated with these assets and by incorporating means of raising financial contributions to support heritage management at events and activities (Visitor Group Scheme).	1 high quality bespoke events at heritage assets near the NCV 76	1 temporary outdoor art wall	4 challenge activities: 1 focus the heritage asset and 2 photography competitions	4 participatory events held (e.g. videoblog or podcast)	1 high quality bespoke events at heritage assets near the NCV 76	1 temporary outdoor art wall
Tourism objective total		£360,350							
4	Project wide digital mapping resource	£22,500	Stakeholder relationship Strategic use of press content and targeted press releases to raise profile of project plots and activity milestones around the inner Forth, and to enhance visible support from local stakeholders. Targeted relationship management with key high impact stakeholders (e.g. landowners, local councillors, MSPs) through clear, online-oriented briefings, opportunities to provide comment and support, and quality events. Events management: Schedule linked to project milestones, relevant wider cultural events (e.g. LCI Championshipz 2022), and practical calendar dates (e.g. local elections, school holidays, etc.). Mixture of site based events showcasing project impact, hosted events to deliver specific project outcomes, and integration with existing inner Forth community events. Targeted integration with relevant external events, e.g. survey events, community days, conferences.	1 digital platform (based on a map)	50 individuals identified where local groups/individuals are taking climate adaptation/mitigation/resilience action (TBC, etc)	50 individuals adding information to digital knowledge sharing platform	20 groups adding information to the platform (likely to be repeat users)	1 digital platform (based on a map)	50 individuals identified where local groups/individuals are taking climate adaptation/mitigation/resilience action (TBC, etc)
Communications total		£22,500							

Please note the version above is also provided as a spreadsheet and this is for illustrative purposes only.

APPENDIX CLIMATE FORTH – WELLBEING

An additional deep dive project into Wellbeing has been identified. This uses the project 72 Seasons (<https://www.theevaluator.co.uk/72-seasons/>) adapted to suit the Climate FORTH activities and works co-creatively with the Youth Panel in 1B to develop wellbeing resources which can be used in the following ways:

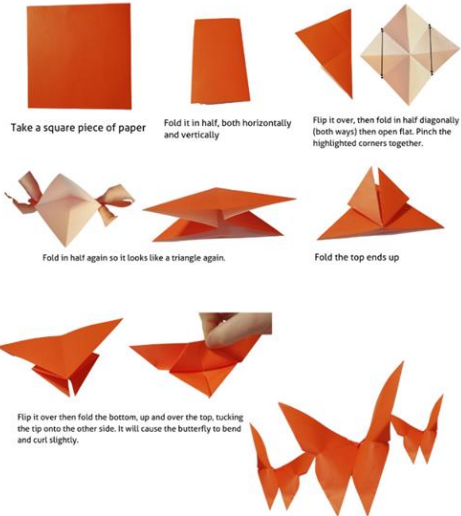

- Projects 1A, 1C, 1D and 2B can access personalised wellbeing brochures including measurements of 12-week programmes of 72 seasons, adapted for the specific project area
- Projects 1E and 3C will be included as ways to share the wellbeing increases which come from noticing nature with the wider public. The events taking part in these two projects will have access to a series of three ‘take home treasure hunts’ which can be part of the wellbeing package offered at family events and potentially even wider, which will be based on the brochures above and be written in simple ways like the example below...

Description of 72 Seasons:	
72 Seasons is a project which aims to help people notice nature more and increase their wellbeing.	
Examples of Seasons:	
Season title and dates: 1-4 January: The Earth Unyields	Season title and dates: 30 January – 3 February: Morning Grass Glistens
 <p>The Earth Is Unyielding</p>	 <p>Morning Grass Glistens</p>
<p>On the 1 January our year begins with a tough season, where the earth is unyielding. Is the earth frozen around you? Can you stamp on it? Maybe you can notice some ridges or patterns in the hard ground?</p>	<p>Next time you are out and about one morning, try and get a bit closer to the ground and see if you can see any dew drops shining in the sunlight. Depending on how much of an early bird you are, you might even manage to time this to coincide with ‘golden hour’ which is really just the first 15 minutes or so after the sun rises when the world is bathed in a beautiful soft light which does feel a bit golden. Even if you don’t catch the light try and take a moment to appreciate the individual shapes of the grass stalks.</p>



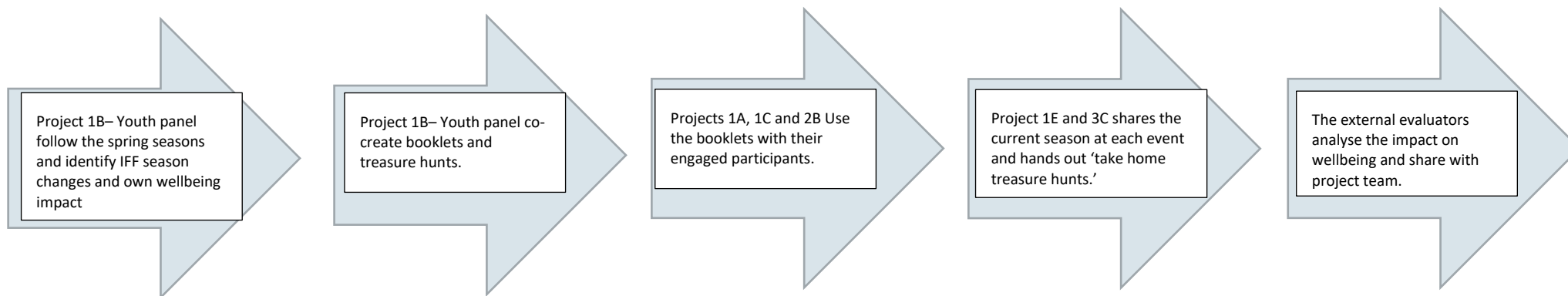
The Evaluator, will provide the 72 Seasons as a 12-week workbook and series of dates. This can be used with the youth panel to co-create a set of 72 Seasons which are adapted for the Inner Forth Area in year one. The dates above and currently identified seasons are specific to the North of England. These dates will need adapting and some seasons may need to change, and it is this editing project which will sit with the youth council as a piece of co-creation. This work will help the youth council gain a greater wellbeing themselves as they see the work in action through taking notice themselves. They will be able to understand more around the five ways to wellbeing and understand how wellbeing can be measured. They will be encouraged to monitor their own wellbeing at the start of their 72 Seasons work and again at the end to see what changed. This will help them understand the impact and scoring into wellbeing, increasing their own data literacy.

These 'edited for the project area final seasons' will then be adapted into both a booklet (the costs for this are covered in the main project budgets) and series of 'take home treasure hunts'. These materials will include a measure of wellbeing before and after taking part in the 12-week programme and the measures will be analysed as part of the main evaluation contract (see page 5 for amended work table). The impact on the wider public will be more subtle, but participants will be encouraged to send their feedback in on the treasure hunts via a simple method, which will be refined during delivery, but could be email us at email@address, a QR code linking to a two question survey, or simply encouraging people to follow the social media channels if they participate in any of the treasure hunt activities. One example activity is provided below.

Example treasure hunt activity	Season linked to
<p>Origami Butterfly How to make an origami butterfly in 2 minutes</p>  <p>Take a square piece of paper</p> <p>Fold it in half, both horizontally and vertically</p> <p>Flip it over, then fold in half diagonally (both ways) then open flat. Pinch the highlighted corners together.</p> <p>Fold in half again so it looks like a triangle again.</p> <p>Fold the top ends up</p> <p>Flip it over then fold the bottom, up and over the top, tucking the tip onto the other side. It will cause the butterfly to bend and curl slightly.</p> <p>Fold the middle slightly in half and you have your butterfly!</p>	 <p>Butterflies Flutter</p>

ACTIVITY FLOW

The following activities are suggested, with recommended timescales including the Spring period for 12 week booklets, as this is a time when there are both lots of changes in nature, and often lots of events taking place. Therefore, Year One for the youth panel to follow the seasons would take place in Spring 2024, then the rest of the year is time to co-create and develop booklets and treasure hunts and the wellbeing activities can run in Spring 2025 onwards.



WELLBEING OVERALL BASELINE

We will use questions on the form to identify overall happiness and compare these to the following baselines:

Question	Happiness Higher is better	Life Satisfaction Higher is better	Anxiety Lower is better	Feeling that things done in life are worthwhile
Average Score to compare to: 2022 results from ONS Life Satisfaction Survey ¹²	Scotland as a whole= 7.36 Clacks = 7.17 Falkirk= 7.42 Fife = 7.18 Stirling = 7.50	Scotland as a whole= 7.45 Clacks = 7.41 Falkirk= 7.42 Fife = 7.66 Stirling = 7.64	Scotland as a whole= 3.09 Clacks = 3.31 Falkirk= 3.23 Fife = 2.83 Stirling = 3.05	Scotland as a whole= 7.68 Clacks = 7.51 Falkirk= 7.78 Fife = 7.82 Stirling = 7.71

It might be worth focussing the activity on Clackmannanshire as this is scoring the lowest across the board indicating the least happiness and most anxiety.

¹² <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/measuringnationalwellbeing/april2021tomarch2022>

MEASUREMENT AND EVALUATION TOOLS SUGGESTED

Suggested measures to identify change in connection to nature and wellbeing:	
Inclusion in Nature Scale – used to measure people getting closer to nature	The World Health Organisation has a scale which is suitable for a range of ages and free to use. This WHO-5 measure ¹³ is one option (we will show the youth panel another one too to choose from – the Warwick Edinburgh Scale of Wellbeing)
<p>The Inclusion in Nature Scale (INS) - Which represents you best? Please circle the letter.</p>	
<p>How to score this:</p> <p>People tick where they are at the start and again at the end and each letter can be changed into a number where A=1, B=2, C=3, D=4, E=5, F=6 and G=7. This can then be used to track both individual changes and average scores across groups.</p>	<p>How to score this:</p> <p>This is measured in two ways – a RAW score and a final score. A raw score below 13 is indicative of depression or similar poor mental health. A higher score on this measure indicates better mental wellbeing.</p> <p>The WHO-5 consists of five statements, which respondents’ rate according to the scale below (in relation to the past two weeks). All of the time = 5, Most of the time = 4, More than half of the time = 3, Less than half of the time = 2, Some of the time = 1, At no time = 0.</p> <p>The total raw score, ranging from 0 to 25, is multiplied by 4 to give the final score, with 0 representing the worst imaginable well-being and 100 representing the best imaginable well-being.</p> <p>This scale is suitable for use with children aged 9 and upwards.</p>
Baseline: Will be created at the start as an average	On the 2012 European Quality of Life Survey, people in the UK scored an average (mean) of 59 out of 100 on the WHO-5 mental wellbeing index (2017). This can be used as a population comparison

¹³ <https://www.corc.uk.net/outcome-experience-measures/the-world-health-organisation-five-well-being-index-who-5/>

