

Standard Impact Assessment Questions (SIAQs)

Notes

- Please select the questions that are relevant to your project activity
- The headings e.g. “Increased social capital”, are there for ease of reference- they need not be used with service users
- The use of the face symbols is optional. Alternatively you may wish to use only the wording on the scale i.e. “Strongly agree/ Agree- /Don’t Know/ Disagree/Strongly disagree”
- You may supplement the SIAQs with additional questions, and incorporate them into your usual format
- The definition of community should include both geographic communities and communities of interest

Standard Impact Assessment Questions

1. Increased Social Capital

a) I feel less isolated since using the project.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

b) I feel more connected to my community (seeing more people, getting out and about more).

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

c) I am more able to participate in community activities (eg. social activities, community events, groups, school life, adult learning, etc).

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

Impact of volunteering

d) I feel I have gained new friendships/contacts I can call on

Strongly Agree



Agree



Don't Know/Unsure



Disagree



Strongly Disagree



e) I have gained new skills

Strongly Agree



Agree



Don't Know/Unsure



Disagree



Strongly Disagree



f) I have gained in confidence/self esteem

Strongly Agree



Agree



Don't Know/Unsure



Disagree



Strongly Disagree



g) I feel of value and /or am valued

Strongly Agree



Agree



Don't Know/Unsure



Disagree



Strongly Disagree



2. Increased Community Capacity

a) I feel more involved in my community since using the project.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

b) I feel that my opinion matters.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

c) I feel more positive about my local community.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

d) I have a better understanding of the people and groups within my community (e.g. black and minority ethnic, lesbian, gay, bisexual and transgender, disabled, older, younger, carers, etc.).

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

3. Reduce the stigma surrounding poverty and health

NO questions developed

4. More people live in healthy environments and use greenspace

a) I am more aware of greenspace (e.g. gardens, allotments, local walks, etc.) and local parks since using the project.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

b) I feel more comfortable using greenspace and local parks.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

c) I am using greenspace and local parks more often.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

5. Increased participation in physical activity

a) I am more aware of the importance of physical activity since using the project.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

b) I am more physically active than I used to be (e.g. gardening, walking, housework, exercising, dancing etc).

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

c) I have changed my travel habits e.g. using the car or bus less often and getting about by walking or cycling

Strongly Agree Agree Don't Know/Unsure Disagree Strongly Disagree
    

d) In the past week, on how many days have you done a total of 30 min or more of physical activity which was enough to raise your breathing rate? This may include sport, exercise & brisk walking or cycling for recreation or to get to and from places.

1 2 3 4 5 6 7 None

6. Increased numbers of people eat healthily/ know how to cook healthy food and how to eat healthily on a budget.

a) I am more aware of the importance of eating healthily since using the project.

Strongly Agree Agree Don't Know/Unsure Disagree Strongly Disagree
    

b) I feel more able to cook healthy meals.

Strongly Agree Agree Don't Know/Unsure Disagree Strongly Disagree
    

c) I am eating more healthily (*including 5 daily portions of fruit & vegetables*).

Strongly Agree Agree Don't Know/Unsure Disagree Strongly Disagree
    

d) I feel more able to plan my meals/food shopping since using the project.

Strongly Agree Agree Don't Know/Unsure Disagree Strongly Disagree
    

7. Reduced damage /harm to physical and mental health from misuse of alcohol and drugs

a) I have a better awareness of the risks & harm that alcohol and or drugs can cause to my health and wellbeing since using the project.

Strongly Agree 	Agree 	Don't Know/Unsure 	Disagree 	Strongly Disagree 
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b) My involvement with the project has encouraged me to reduce my alcohol consumption

Strongly Agree 	Agree 	Don't Know/Unsure 	Disagree 	Strongly Disagree 
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c) My involvement with the project has encouraged me to take fewer drugs.

Strongly Agree 	Agree 	Don't Know/Unsure 	Disagree 	Strongly Disagree 
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d) I have more awareness of how to access help and support to reduce my drug or alcohol use.

Strongly Agree 	Agree 	Don't Know/Unsure 	Disagree 	Strongly Disagree 
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8. Reduced levels of anxiety/ depression

a) I am more aware of things that affect my mental/emotional health and wellbeing since using the project.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

b) I feel more able to cope with the “ups and downs” of everyday life.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

c) My mental/emotional health is better.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

9. Reduced damage to physical and mental health from all forms of abuse and violence

a) I am more aware of different forms of hate crime, emotional abuse and physical violence since using the project.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

b) I feel more confident that I will be able to seek support and help when I need it.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

c) I feel more in control of my life and able to sustain healthy relationships.

Strongly Agree	Agree	Don't Know/Unsure	Disagree	Strongly Disagree
😊😊	😊	😐	😞	😞😞

10. Increased income due to improved access to income maximisation services and advice on problem debt levels.

a) I have more awareness of how to access help with welfare benefits and debt issues since using the project.

Strongly Disagree	Disagree	Don't Know/Unsure	Agree	Strongly Agree
😞😞	😞	😐	😊	😊😊

b) I feel more confident that I will seek help with welfare benefits when I need it.

Strongly Disagree	Disagree	Don't Know/Unsure	Agree	Strongly Agree
				

c) I feel more confident to seek help with debt issues before a crisis is reached

Strongly Disagree	Disagree	Don't Know/Unsure	Agree	Strongly Agree
				

d) I am more able to manage my finances.

Strongly Disagree	Disagree	Don't Know/Unsure	Agree	Strongly Agree
				

e) I feel less anxious about my financial situation.

Strongly Disagree	Disagree	Don't Know/Unsure	Agree	Strongly Agree
				