Reimaging Health Grants – Final Report

# For Projects receiving less than $10,000

**NOTE: THIS DOCUMENT IS FOR EXAMPLE PURPOSES ONLY – FINAL REPORTS ARE TO BE COMPLETED IN THE STAKEHOLDER PORTAL**

The purpose of the final report is to tell the story of how your project was delivered and reflect on the effects of what you did.

*Note: If you used VicHealth funding to expand on your organisation’s existing work, where possible, please only describe project tasks and outcomes delivered with VicHealth Reimaging Health Grant funding and detail how the VicHealth funding contributed to the delivery of the existing work.*

The information that you provide in this report may be used and promoted through VicHealth’s social and communications channels. We will contact you to let you know if your report will be used.

The information will be used to inform the evaluation of the funding round that is being undertaken by AIPCA, a research centre at La Trobe University. We are looking for frank feedback, including your reflections on challenges.

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| **SECTION 1: About your project and what you were funded to do** |

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| **Project information** | | | |
| 1. Organisation |  | | |
| 1. Project name |  | | |
| 1. Project reference number |  | | |
| **Person completing this form** | | | |
| 1. First name |  | 1. Last name |  |
| 1. Position/role |  | | |
| **Project summary** | | | |
| *Please a provide summary description of your project* ***in 1-2 sentences*** *(sometimes describe as your ‘elevator pitch’). Typical wording might be: We DID THIS for THIS GROUP OF PEOPLE so that THIS THING WOULD HAPPEN. (max 25 words)*  *Note: If VicHealth grant was used to expand or maintain existing activity, please describe the activity,* ***and*** *also describe what effect the funding from VicHealth had on the activity – that is, what changed or was supported to continue as a result of the funding?* | | | |
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| **Q1A: Using the first column in the table below, what was the main thing you did with the funding?**  *This is the main thing you did to try to bring about a positive change in healthy eating, physical activity or social connection.* | | |
| **Q1b: Using the second column in the table, what else did you do with the funding to help to bring about a positive change?** | | |
|  | **Main thing (only tick one row)** | **Other things (as many as needed)** |
| **Primary purpose of activity was to increase healthy eating** |  |  |
| Established or supported community gardens |  |  |
| Provided food/meals - for free or at low cost |  |  |
| Provided healthier food options (replaced unhealthy options) |  |  |
| Developed/improved participants' skills in food growing, preparation, etc. |  |  |
| Ran information/education sessions about healthy food and eating |  |  |
| Promoted healthy eating through information campaigns - social/print/other |  |  |
| Purchased equipment/resources or covered other costs associated with healthy eating activity |  |  |
| Developed skills of staff/volunteers to support healthy eating |  |  |
| Changed physical setting - renovate/build/upgrade facilities |  |  |
| Sponsored/supported a public event - associated healthy eating with the event |  |  |
| Changed organisational policies & practices - healthy food focus |  |  |
| Promoted the project activities to increase participation |  |  |
| Ran general health and wellbeing information workshops/seminars |  |  |
| Employed staff, paid volunteers to implement the project |  |  |
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| **Primary purpose of activity was to create/increase social connection & reduce isolation** |  |  |
| Ran group activities to increase social connection |  |  |
| Used social media to connect people |  |  |
| Ran Art/performance-based activities that people participate in |  |  |
| Provided opportunity for people to attend Art/Music/performance events |  |  |
| Ran activities which aimed to develop participants' social connection skills |  |  |
| Promoted the importance of social connection through information campaigns - social/print/other |  |  |
| Purchased equipment/food/resources or covered other costs associated with social connection activity |  |  |
| Developed skills of staff/volunteers to support social connection and reduce isolation |  |  |
| Changed physical setting - renovated/built/upgraded facilities |  |  |
| Sponsored/supported a public event - associated social connection with the event |  |  |
| Changed organisational policies & practices - social connection focus |  |  |
| Promoted the project activities to increase participation |  |  |
| Ran general health and wellbeing information workshops/seminars |  |  |
| Employed staff, paid volunteers to implement the project |  |  |
| **Primary purpose of activity was to increase physical activity** |  |  |
| Ran structured exercise groups/activities (not sport - e.g., yoga, stretch, walking) |  |  |
| Ran structured sport activities - football/cricket/netball/soccer/swimming club/organisation |  |  |
| Ran social and unstructured activities - (focus was on participation, not on learning a new skill) |  |  |
| Purchased equipment /clothing or covered other costs of participation in physical activity |  |  |
| Ran physical activity skill development activities. (e.g., throwing catching ball) |  |  |
| Ran Information/education sessions about physical activity |  |  |
| Developed skills of staff/volunteers to support participation and inclusion in physical activity |  |  |
| Promoted the importance of physical activity through information campaigns - social/print/other |  |  |
| Changed physical setting - renovated/built/upgraded facilities |  |  |
| Sponsored/supported a public event - associated physical activity with the event |  |  |
| Changed organisational policies & practices - physical activity focus |  |  |
| Promoted the project activities to increase participation |  |  |
| Ran general health and wellbeing information workshops/seminars |  |  |
| Employed staff, paid volunteers to implement the project |  |  |
| **ANY OTHER ACTIVITIES not described above (Please describe)** |  |  |
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| **SECTION 2: The following questions ask about the things that happened because of your project activities - *affecting healthy eating, physical activity or social isolation.*** |

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| **Q2: Were there positive impacts/outcomes of your project activity/activities?** | |
| **NO – please answer the next question – Q2A** |  |
| **YES – skip the next question – go to Q2B** |  |

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| **Q2A: Why didn’t you see any impacts? (Tick as many as apply)** | |
| We couldn’t implement the project as intended because of COVID-19 |  |
| We couldn’t implement the project as intended for other reasons |  |
| We didn’t get the number or types of participants we expected |  |
| The activity didn’t lead to the kinds of change we expected |  |
| Other |  |
| **Can you explain your answer briefly?** | |
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**IF YOU DIDN’T SEE ANY IMPACTS/OUTCOMES OF YOUR PROJECT, GO TO SECTION 3**

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| **Q2B: Using the first column in the table below, what was the main impact/outcome of your project? What was the main change?** *This is the main thing that happened as a result of your project activities – affecting healthy eating, physical activity or social isolation* | | | |
| **Q2C: Using the second column in the table, what other changes were there?** | | | |
|  | **Main thing (only tick one row)** | **Other things (as many as needed)** |
| ***Changes related to healthy eating*** |  |  |
| Participants gained or improved skills related to healthy food and eating |  |  |
| Participants increased knowledge about healthy food and eating |  |  |
| Participants ate healthy food more frequently (and unhealthy food less frequently) |  |  |
| Groups beyond participants (family, community, or broader) ate healthy food more frequently |  |  |
| Staff/volunteers/others are better able to support healthy eating |  |  |
| Facilities are better equipped to support healthy eating |  |  |
| New/modified policies or procedures support healthier eating |  |  |
| Increased production of healthy, affordable, culturally appropriate food |  |  |
| ***Changes related to social connection*** |  |  |
| People created social connections while learning new skills |  |  |
| Participants increased knowledge about social connection (e.g, benefits of connection, risks of isolation) |  |  |
| Participants felt less lonely or isolated |  |  |
| Staff/volunteers/others are better able to support social connection |  |  |
| Facilities are better equipped to support social connection - more affordable, accessible & welcoming |  |  |
| New/modified policies or procedures support social connections & reduce isolation |  |  |
| ***Changes related to physical activity*** |  |  |
| Participants gained or improved skills to participate in physical activity |  |  |
| Participants increased their knowledge about physical activity (e.g., health benefits) |  |  |
| More people participated in physical activity (organised, structured, or social) |  |  |
| The number of people participating regular physical activity was maintained (e.g., club/group membership numbers maintained) |  |  |
| More diverse groups pf people participated in physical activity (e.g., girls, younger people, culturally diverse groups) |  |  |
| Staff/volunteers/others are better able to support participation in physical activity |  |  |
| Physical activity facilities are more accessible, affordable, inclusive and welcoming |  |  |
| Changes in policies or procedures support increased physical activity |  |  |
| ***General Changes*** |  |  |
| Increased knowledge about general health and wellbeing |  |  |
| Increased social connection for participants involved in activities (as a secondary outcome) |  |  |
| **ANY OTHER CHANGES not described above (Please describe)** | | |
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| **Q2D: How do you know about the impacts/outcomes of your project? (Tick as many as you need to)** | | |
| We observed changes |  |
| People told us informally – in an unstructured way – e.g., comments made without people being asked, comments in social media |  |
| People told us in a structured way – e.g., through interviews, focus groups, online feedback |  |
| We surveyed people – after the activity/activities |  |
| We surveyed people twice – before and after the activity/activities |  |
| OTHER: Please describe | |

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| **Q2E: If you collected feedback from people – formally or informally, can you *please provide a quote that says something about the impact of the project on them?*** *[PLEASE ATTACH ANY DOCUMENTATION THAT SUMMARISES THIS FEEDBACK IF YOU HAVE IT.] [Write “not applicable” if you didn’t collect any feedback)* |
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| **Q2F: If you collected survey data, can you provide some key results that demonstrate the impact/outcomes of your project?** *[PLEASE ATTACH ANY DOCUMENTATION THAT SUMMARISES THIS DATA COLLECTION AND ANALYSIS IF YOU HAVE IT.] [Write “not applicable” if you didn’t collect any data)* |
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| **Q2G: Are the positive effects of your project likely to last?** (That is, how likely do you think it is that the changes to physical activity/healthy eating/social inclusion resulting from your project will continue after the project has finished?) | |
| Very likely |  |
| Somewhat likely |  |
| Somewhat unlikely |  |
| Very unlikely |  |
| **Why do you think this?** | |
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| **Useful links** |
| *Please provide a link to:*   1. *Your organisation’s website* 2. *Webpage on your organisation’s website with information about your project* |
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| **Other information** |
| If you have written any kind of report or summary describing your project – what it did, what the impacts/outcomes were, please upload it. (Could be a formal evaluation report, an internal report, a journal or newspaper article, an information leaflet, or other.) |