

STUART LOW TRUST IMPACT STUDY - 2018

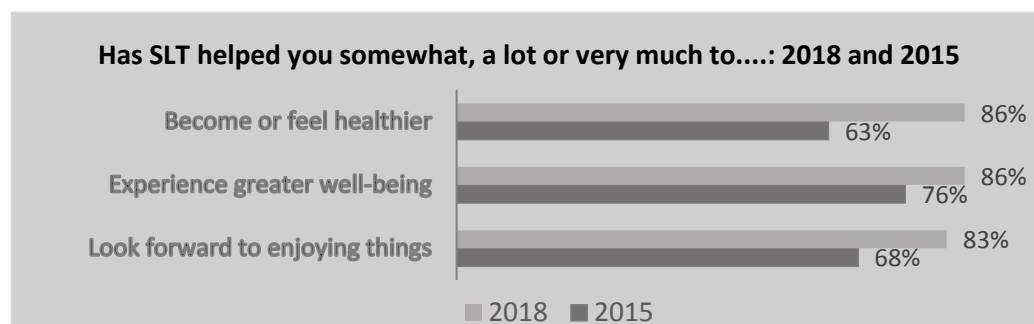
SUMMARY OF RESULTS

In mid-2018, we asked SLT participants to tell us a few things about themselves, their involvement in SLT activities, and how they thought SLT was supporting them. 95 people completed the questionnaire. This is what we found out.

SLT SUPPORTS PEOPLE

For each of the 9 ways that participants were asked about how SLT might be supporting them, at least 70% said it was “somewhat”, “a lot” or “very much”. For most items it was 80% or more. Sizeable minorities said they had been helped “very much”.

Where comparisons can be made with a survey in 2015, results are now more favourable.



SLT'S DIFFERENT SERVICES ARE WELL USED

The Friday Evening Event (FEE) attracts the largest number of participants, many being very regular attendees. But 4 in 10 said they had been to a Saturday Project in the last year, and over a third had joined in the Philosophy group.

THOSE WE SUPPORT THINK WE ARE DOING WELL

Participants were asked how close they thought SLT was to achieving what it wants to do.

- 71% felt that SLT had achieved, or was close to achieving its goals.
- 89% felt SLT was at least halfway there.

WE FOUND OUT MORE ABOUT WHO WE SUPPORT

- There is a fairly even gender split.
- SLT attracts older people. This helps explain why only one in five was currently working.
- Over 4 in 5 respondents were currently single.
- Nearly 6 in 10 live in Islington, with just over a quarter coming from the four neighbouring boroughs (mainly Camden).

STUART LOW TRUST IMPACT STUDY – 2018

BACKGROUND

In the summer of 2018, we asked SLT participants to complete a questionnaire to tell us a few things about themselves, the degree of their involvement in SLT activities, and how they thought SLT was supporting them.

The questionnaire was completed by 95 SLT participants.¹ A few were given help to do so. Not everyone answered all questions; missing answers are omitted in the results below, unless otherwise specified.²

We cannot be sure how representative those who completed the questionnaire are of *all* SLT participants. However, we know that many regular attendees took part in the survey.

This 2018 survey followed a slightly smaller one carried out in spring 2015.³ This current impact study tried to retain some of the questions from 2015 to see how SLT was faring over time. A few comparisons are made below.

WHO ATTENDS SLT ACTIVITIES?

Table 1 gives information about those attending SLT activities, based on questionnaire returns. The main features are:

- There is a fairly even gender split
- Older people attend SLT activities most; the mean age was 58. Slightly more than half were 60 or older.
- Nearly 6 in 10 live in Islington, with just over a quarter coming from the four neighbouring boroughs (mainly Camden).
- 4 out of 5 described themselves as white.
- Over 4 in 5 respondents were currently single (including divorced and widowed).
- Nearly 6 in 10 lived in council or housing association property. One was homeless.
- 1 in 5 was currently in work (more often part-time). Many were retired.

1 The questionnaires were completed under the supervision of SLT's CEO in different venues between May and July 2018. Just over half (52%) were completed at the main Friday Night Event, 16% were completed at the Philosophy Group, and 11% at the Saturday Project.

2 Despite the questionnaire being piloted, item non-response is not unusual with a paper and pencil questionnaire, especially one issued to a vulnerable clientele. One question in particular - asking about seven SLT activities other than the FEE - produced many missing answers. Leaving this aside, the number of the 95 respondents not answering a question ranged from 2 (gender and marital status) to 21 (age), with an average of 11 non-responses across the questions.

3 An academic at Royal Holloway University (Anna Döring) offered the help of a student (Violetta Kuboth) to evaluate the activities of SLT in 2015; 63 participants took part between April and June 2015. The study was somewhat academic in nature, using several psychological scales to assess subjective well-being. The nature and format of the questions was such that only a few were worth retaining to assess trends.

Table 1: Characteristics of SLT participants			
Gender		Marital status	
Male	51%	Currently single	83%
Female	49%	Married or in a relationship	17%
Age		Ethnicity	
Mean (years)	58	White	82%
Range (years)	25 - 84	Black	10%
60 or over	54%	Asian	8%
Borough		Employment	
Islington	59%	Retired	41%
Adjacent boroughs ¹	27%	Does not work	39%
Other boroughs	14%	In work	20%
		Accommodation	
		Council/housing association property	59%
		Rented / own accommodation	31%
		Homeless	1%
Notes:			
1. Camden (15%), Haringey (7%), Hackney (3%) and Westminster (1%).			

These results were broadly in line with the 2015 survey where comparison can be made.

PARTICIPATION IN THE FRIDAY EVENING EVENT

The first question was about attendance over the last year at the Friday Evening Event (FEE) - the initial and most popular activity provided by SLT. All told, 82% of respondents said they had attended a FEE over the last year. Of those who had not (n = 17), 8 were members of the Sunday Philosophy group.⁴

Of the FEE attendees, most were regulars. A third had been to the FEE more or less every week, and a quarter (24%) had been at least twice a month (Table 2). Men were more regular attendees at the FEE: 74% had been at least twice a month or nearly every Friday, as against 45% of women.

Table 2: Attendance at the Friday Evening Event over the last year	
More or less every Friday	33%
At least twice a month	24%
About once a month	8%
Less than once a month	33%
Been, but have only just joined	1%
Total N	78
<i>Note: Based on those who had attended a FEE over the last year: 82% of all respondents.</i>	

PARTICIPATION IN OTHER SLT EVENTS

A second question asked about the frequency of participation in seven other activities offered by SLT. A fair number of people did not answer with respect to some (or occasionally all) of the activities, although they had the option of ticking 'never'. Looking across the answers, two-thirds (66%) had been to more than one event at least once in the last year, with over a third (37%) having been to three or more. The one-third (34%) who had been to only one type of

⁴ Four attended the Saturday project, and four were on a Narrowboat outing. Many of these were at these events for the first time.

event were mainly FEE attendees, although there was a small number, as said, who went only to the Philosophy group. Women were more likely than men to take part in multiple events: 50% had been to three or more, as against 19% of men.

Table 3 shows the levels of attendance at SLT activities other than the FEE. These figures can be regarded as conservative in that they assume that those who did not answer about particular activities had *never* taken part in them. In fact, some may have done so but simply missed saying so.⁵

Compared with the 82% who had attended the FEE at least once in the last year, other SLT activities drew smaller numbers. Nonetheless, several were fairly well-attended'; 41%, for instance, had been to one or more of the Saturday projects over the last year, and - as said - the figure may be higher. The Saturday project attracted women under 60 most.

Table 3: Conservative estimate of attendance at other SLT activities over the past year	
Saturday project	41%
Philosophy group	36%
Art workshops	29%
Outings	28%
Narrowboat outings	23%
Gardening	16%
Choir	7%

Comparison with 2015

Because of survey differences, it is difficult to make tight comparisons with the 2015 survey.⁶ This said, it appears that attendance at the Choir has fallen since 2015, whereas the Philosophy group, the Art workshops, and the Saturday project have attracted increased numbers. This will reflect their greater familiarity and the continuing effort put into their development.

OTHER SOCIAL INTERACTION

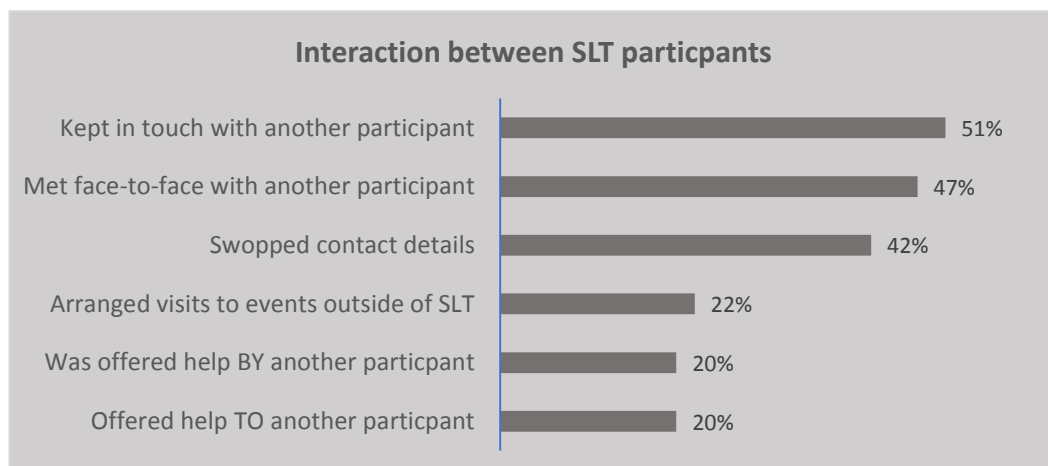
As well as meeting each other at SLT events, many participants kept in contact at other times (see Figure 1). For instance:

- About half kept in touch with another participant, and/or met with them
- Nearly a quarter (22%) went to museums or other cultural events outside of SLT
- A fifth had offered to help another participant, and the same proportion had been offered help themselves

5 Another problem was that "Not taken part" allowed "Never" and "Only just joined" - the latter intending to mean *I am new to SLT, so I haven't had a chance to engage*. However, while some people will have answered in this sense, others ticked "only just joined" when they were in fact completing the questionnaire in a venue which they said they had "never" attended; in other words, they were seeming to mean *I can't say how often as I have only just joined*". Some recoding was done to account for this.

6 For one, the questionnaires were completed in different months - around April - June for the 2015 survey, and in May - July for the 2018 one. Also, the 'recall' periods were different: 'since the beginning of the year' in 2015 and 'over the last year' for 2018.

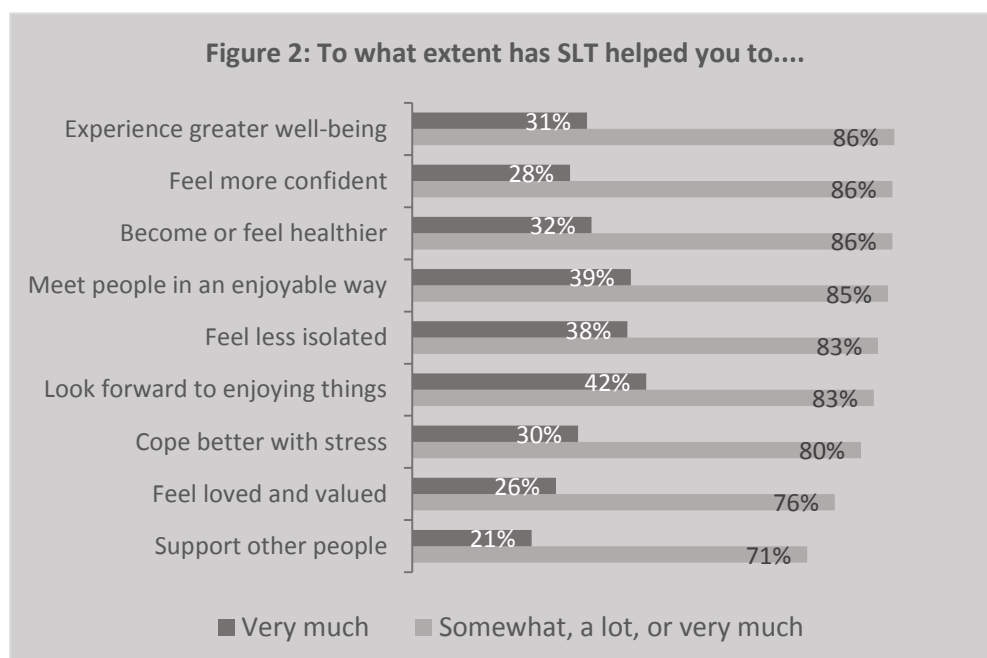
[[Women reported rather more contact with other SLT participants than men did, but the difference was not large and might just reflect general sociability differences]]



THE INFLUENCE OF SLT ON WELL-BEING

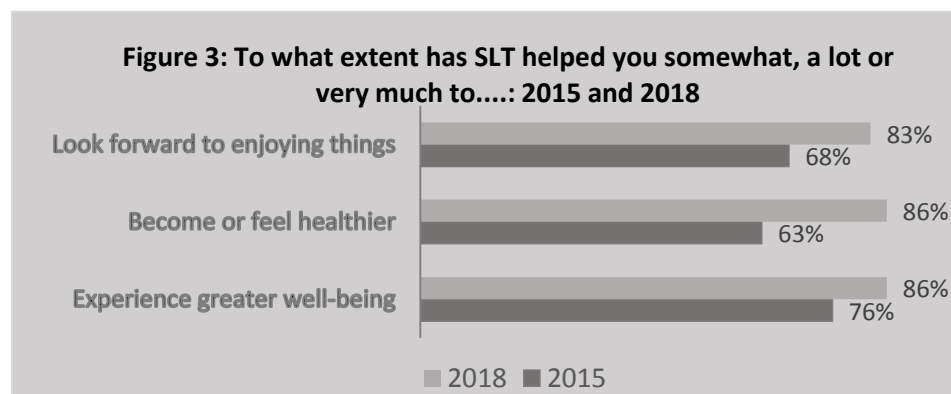
Those who took part in the survey were asked about the extent to which SLT had helped them. They could opt to say “not at all”, “a little bit”, “somewhat”, “quite a lot”, or “very much”. Figure 2 shows the results. More than 85% said they had been helped somewhat, a lot, or very much to:

- experience greater well-being
- feel more confident
- become or feel healthier
- meet people in an enjoyable way
- feel less isolated
- look forward to enjoying things



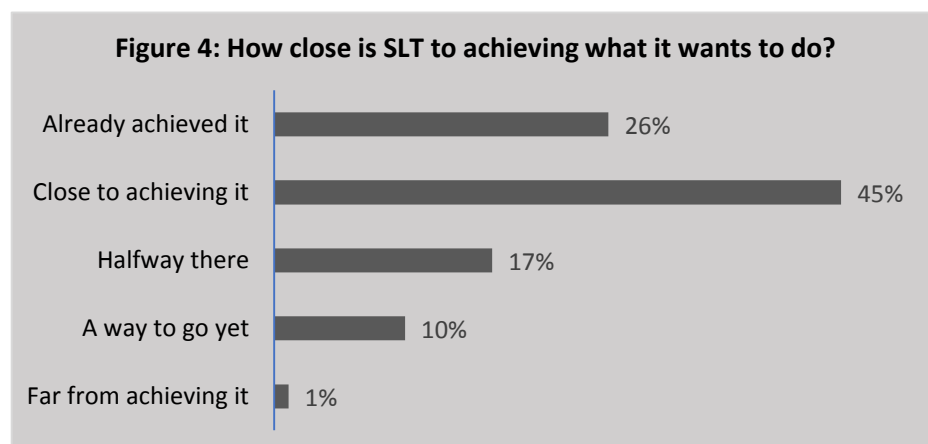
Comparison with 2015

Three aspects of well-being can be compared with the 2015 survey (Figure 3). For each of them, more respondents reported improvements in 2018 than in 2015.



HOW FAR IS SLT ACHIEVING WHAT IT WANTS TO

Participants were asked how close they thought SLT was to achieving what it wants to do over the next three to five years. The questionnaire laid out what the SLT 'vision' was. Its elements were reflected in the well-being measures shown in Figure 2 (for instance, SLT wanted to offer 'an enjoyable way of meeting people', and 'the opportunity to feel loved and valued'). Figure 4 shows the results. By far the majority (71%) felt that SLT had achieved what it is setting out to do, or was close to achieving it. Nine in ten (89%) felt it was at least halfway there.



Older people were rather more likely to think SLT had achieved its goals or was close to doing so (82% of those over 60 thought so) than 'younger' participants (66%). Women also gave this assessment more often (81%) than men (60%). There is an indication that those who took part in several SLT activities were more positive on this front too: of those who had taken part in three or more of the eight SLT activities, 84% felt that SLT goals were achieved or nearly achieved compared to 64% of those who went to just one or two events. There is an interaction with gender here, however, as women attended more SLT activities.

DO SLT PARTICIPANTS WANT HELP FINDING WORK?

When commenting on the proposed questionnaire, Islington Council said they would like to know whether people felt that SLT could help them to prepare better to get a job. This question was 'routed' to those who said they were not in work but were looking for a job (n = 7). Of these, only four answered the question - all of whom said they would like help. However, other people (n = 23) answered the question as well (an indication that questionnaire 'routing' can be difficult to follow). Of these, 4 also said they would like help (17%). The remaining 19

said they did not want help. These were people who were already in full or part-time work (n=6), were retired (n=4), or were not looking for work for other reasons (n=9).