# VCS Health and Wellbeing

Factsheet 3c: Other Planning Tools:

After reading this you should be able to decide whether to use a Logic Model or Theory of Change could help you plan your work

Logic model

A logic model presents a picture of how your project or initiative is supposed to work. It explains why your strategy is a good solution to a particular need . Effective logic models make an explicit, often visual, statement of the activities that will bring about change and the results you expect to see. A logic model keeps those involved in your project moving in the same direction by providing a common language and point of reference. Another name for a logic model would be a 'road map'. For instance curing a headache could be shown as:

Get pain relief ➡ **Take pain relief** ➡ **Feel better**
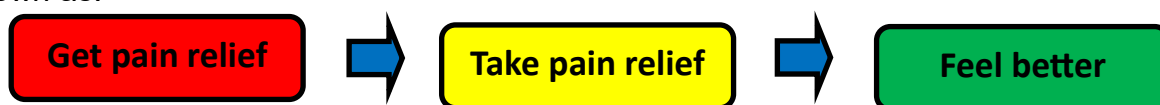
Here is an example of a Wisconsin logic model for a project using a horticultural setting to improve work readiness.

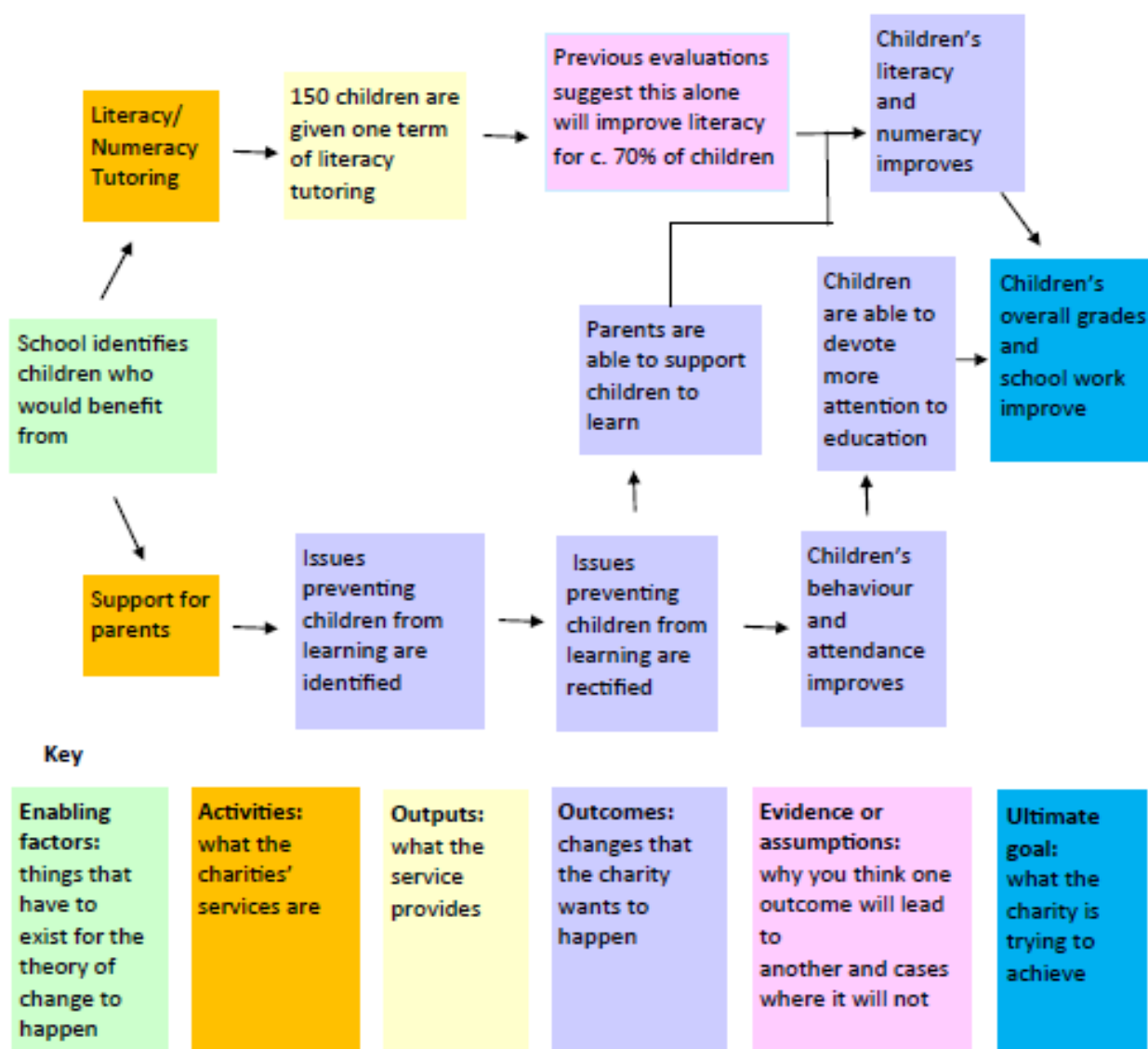| INPUTS OR RESOURCES	ACTIVITIES	OUTPUTS	SHORT-TERM OUT-COMES	INTERMEDI-ATE OUT-COMES	LONG-TERM OUTCOMES
Resources used to deliver the services offered including money, staff, volunteers,, materials, or equipment	*The methods of service delivery carried out*	*What is delivered, e.g. number of people served or number of hours of service*	*The first changes that occur for the individuals, families, or community as a result of the work*	*The subsequent benefit for people during or after their involvement in the work*	*The eventual impact on individuals, families, or community .*
Manager 2 part-time trainers 10 volunteers Greenhouse	Training One-on-one support Social events	35 weeks of training for 30 users 20 hours 1-2-1 support each for 15 users 6 social events per year for 10 users	75% of users achieve a qualification 75% increase their daily level of exercise Average increase of 12 in WEMWBS score.	66% make applications for jobs or volunteering. 25% show a decrease in unhealthy behaviours	33% have a job or volunteering 6 months afterwards Average increase of 6 in WEMWBS score 6 months later.

Theory of Change

This is a development of logic models and is becoming popular amongst many groups and funders (e.g. BIG Lottery Fund).

Here is a simple example of a theory of change for a charity that intends to improve children's grades and school work, with enabling factors, activities, outputs, outcomes and evidence.

Firstly the charity identifies which children will benefit from the intervention. The intervention has two activities; literacy and numeracy tutoring, and support for parents. 150 children are given one term of literacy tutoring, as the evidence suggests this will improve literacy for 70% of children. The tutoring is supplemented by support for parents, which will help the charity to identify why some children are struggling to learn. The result will be that children are able to devote more attention and the grades and school work going up.

By planning in this way the charity can map out their starting point, their overall aim and the steps they need to take to get there.

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Literacy/Numeracy Tutoring → 150 children are given one term of literacy tutoring → Previous evaluations suggest this alone will improve literacy for c. 70% of children → Children's literacy and numeracy improves

School identifies children who would benefit from → Literacy/Numeracy Tutoring
School identifies children who would benefit from → Support for parents

Support for parents → Issues preventing children from learning are identified → Issues preventing children from learning are rectified → Children's behaviour and attendance improves

Parents are able to support children to learn

Children are able to devote more attention to education → Children's overall grades and school work improve
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Key

Enabling factors: things that have to exist for the theory of change to happen	Activities: what the charities' services are	Outputs: what the service provides	Outcomes: changes that the charity wants to happen	Evidence or assumptions: why you think one outcome will lead to another and cases where it will not	Ultimate goal: what the charity is trying to achieve

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More Information

- For additional detail on Logic model see: www.evaluationsupportscotland.org.uk/ me-dia/uploads/resources/supportguide1.2logicmodelsjul09.pdf and http://ctb.ku.edu/en/table-of-contents/overview/models-for-community-health-and-development/logic-model-development/main
- For more information on Theory of change see: www.thinknpc.org/publications/creating-your-theory-of-change/
- This Factsheet and other resources are available from Bournemouth CVS (01202 466120) or at www.bournemouthcvs.org.uk/healthandwellbeing.asp