

When interpreting the statistics below, it must be borne in mind that sample sizes were small, ranging from 3 participants to 20 participants. No tests for statistical significance were carried out as part of this evaluation.

Confidence

Participants' confidence levels across all projects improved substantially as measured during and post project.

- Beyond the Pond participants' mean rating of improvements in their confidence levels was 4.7, where 1 is a perceived reduction in confidence levels during the project and 5 is a definitive 'yes, my confidence has increased'.
- Participants' observed confidence levels during the Voices & Visions project, as measured using an adapted form of the Knowledge East Creative Impacts* observation matrix, showed an improvement of 49% from a mean level of 2.5 to 3.7, where level 1 is 'keeps to themselves, tension in the body (low self-esteem)' and level 5 is 'confident body language, belief and presence (leadership)'.
- Voices & Visions participants' mean rating of their confidence levels since taking part in the project was 4.3, where 1 is 'fizzled out' and 5 is 'on fire'.
- 100% of Voices & Visions participants agreed being part of the project had helped their confidence to grow.
- 100% of Voices & Visions participants surprised themselves by what they achieved on the project.

Concentrating & Listening Skills

Participants' concentrating and listening skills showed improvements in most measures across the four projects.

- Beyond the Pond participants' mean rating of improvements in their concentrating and listening skills during the project was 4.3, where 1 is 'I found it harder to concentrate than normal' and 5 is 'yes definitely, I have surprised myself by how much I have been able to concentrate and listen to instructions'.
- Beyond the Pond participants' mean ratings of their concentrating and listening skills at the end of session 1 and session 5 showed a 12.5% improvement, suggesting participants perceived improvements in their concentrating and listening skills as the project progressed compared to most other days.
- 66% of participants in the Lovely Bugs Worcester primary schools project rated their concentrating and listening skills' 5' where 1 is 'compared to most other days, I found concentrating and listening to instructions very hard' and 5 is 'compared to most other days, I found concentrating and listening to instructions easy'.
- 50% of Voices & Visions participants agreed their concentrating and listening skills had improved since the end of the project.

Team-Working Skills

Participants' concentrating and listening skills showed improvements across the four projects.

- 75% of Voices & Visions participants agreed they had learned to work better with others as part of a team during the project.
- Voices & Visions participants consistently rated their experience of working with others in the sessions positively with a mean rating of 4.4 across all four evaluated sessions, where 1 is 'I found working with others difficult/frustrating' and 5 is 'easy/enjoyable'.
- Voices & Visions participants' observed team working skills, as measured using an adapted form of the Knowledge East Creative Impacts* observation matrix, showed an improvement of 33% from a mean level of

3.0 to 4.0, where level 3 is 'works effectively with others in the group' and level 4 is 'contributes useful ideas to the group'.

- Beyond the Pond participants strongly agreed their team-working skills had improved during the project, with a mean rating of 4.5, where 1 'no way [my , I found the team hard to work with]' and 5 is 'yes definitely [my team working skills have improved]'.
- 100% of Beyond the Pond participants rated their team-workings skills '5' at the end of the final session measured (session 5), where 1 is 'compared to most other days, I found working with others more difficult/frustrating' and 5 is 'I found working with others more easy/enjoyable'.
- 60% of participants in the Worcester parks project agreed they had learned to work as part of a team through participation in the project.

Communication Skills

- 75% of Voices & Visions participants agreed the project helped them communicate better with other people – verbally, through eye contact and picking up body language.
- Participants' observed communication skills during the Voices & Visions project, as measured using an adapted form of the Knowledge East Creative Impacts* observation matrix, showed an improvement of 60% from a mean level of 2.5 to 4.0, where level 2 is 'comments on activity and asks questions' and level 4 is 'celebrates project publicly eg by telling others about the project'.
- Participants' observed communication skills during the Lovely Bugs activity days, as measured using an adapted form of the Knowledge East Creative Impacts* observation matrix, showed an improvement of 44% from a mean level of 2.1 to 3.0, where level 2 is 'comments on activity and asks questions' and level 3 is 'talks about experiences'.
- Beyond the Pond participants' mean rating of their sense of feeling part of a group was 5.0, the maximum score, at the end of the penultimate session., where 1 is 'no way, I didn't feel part of the group compared to most other days' and 5 is 'yes definitely, I felt part of a group compared to most other days'.
- Collectively, Lovely Bugs & Voices & Visions participants' observed communication skills, as measured using an adapted form of the Knowledge East Creative Impacts* observation matrix, showed an improvement of 46% from a mean level of 2.2 to 3.2 where level 2 is 'requires a lot of persuasion by the Artist or others to try anything new. Very nervous of the activity' level 3 is 'tries the new activity but shows some hesitation and anxiety' and level 4 is 'no hesitation or anxiety about trying the activity. Responds well to instructions.'

Motivation & Energy Levels

- Beyond the Pond participants' mean rating of their motivation and energy levels in the everyBODY dance session compared to most other days was consistently high, increasing from 4.0 in session 1 to 4.8 in session 5 (where 1 is no, I felt fizzled out and 5 is 'yes, I was fizzing').
- 50% of Voices & Visions participants agreed while they had found some parts of the project difficult or less interesting and felt like giving up at times, they found new strength to keep going.
- Participants' observed engagement in the activity during the Voices & Visions project, as measured using an adapted form of the Knowledge East Creative Impacts* observation matrix, showed an improvement of 33% from a mean level of 3.3 to 4.3, where level 3 is 'joins in', level 4 is 'completes the task required' and level 5 is 'fully engaged, helps and interacts with others'.
- Participants' observed engagement in the activity during the Lovely Bugs activity days, as measured using an adapted form of the Knowledge East Creative Impacts* observation matrix, showed an improvement of 52% from a mean level of 2.4 to 3.6, where level 2 is 'actively participates and watches on their own', level 3 is 'joins in' and level 4 is 'completes the task required'.
- Collectively, Lovely Bugs & Voices & Visions participants' observed engagement in the activity, as measured using an adapted form of the Knowledge East Creative Impacts* observation matrix, showed an improvement of 45% from a mean level of 2.6 to 3.7 where level 2 is 'requires a lot of persuasion by the Artist or others to try anything new. Very nervous of the activity' level 3 is 'tries the new activity but shows

some hesitation and anxiety' and level 4 is 'no hesitation or anxiety about trying the activity. Responds well to instructions.'

Attitude to New Challenges / Openness to Experiences / Tolerance

- Voices & Visions participants' mean rating of the impact of the project on their openness to new experiences was 4.3 where 1 is 'no way, since taking part in the project I do not feel more open to new experiences' and 5 is 'yes, absolutely, since taking part in the project, I do feel more open to new experiences'.
- Voices & Visions and Lovely Bugs participants' observed attitude to new challenges and their levels of trust, as measured using an adapted form of the Knowledge East Creative Impacts* observation matrix, showed an improvement of 22% from a mean level of 3.0 to 3.7 where level 3 is 'tries the new activity but shows some hesitation and anxiety' and level 4 is 'No hesitation or anxiety about trying the activity. Responds well to instructions.'
- Lovely Bugs participants' observed attitude to new challenges and trust, as measured using an adapted form of the Knowledge East Creative Impacts* observation matrix, showed an improvement of 39% from a mean level of 2.8 to 3.9 where level 2 is 'requires a lot of persuasion by the Artist or others to try anything new. Very nervous of the activity' level 3 is 'tries the new activity but shows some hesitation and anxiety' and level 4 is 'no hesitation or anxiety about trying the activity. Responds well to instructions.'
- Collectively, Lovely Bugs & Voices & Visions participants' observed attitude to new challenges and trust, as measured using an adapted form of the Knowledge East Creative Impacts* observation matrix, showed an improvement of 36% from a mean level of 2.8 to 3.8 where level 2 is 'requires a lot of persuasion by the Artist or others to try anything new. Very nervous of the activity' level 3 is 'tries the new activity but shows some hesitation and anxiety' and level 4 is 'no hesitation or anxiety about trying the activity. Responds well to instructions.'
- Voices & Visions participants' mean rating of the impact of the project on their tolerance and of others and understanding of the challenges they may face was 4.0 where 1 is no impact and 5 is yes absolutely, there was an impact.

Fitness, Dance & Movement Skills

These were measured through observation on the Voices & Visions project and also through self-reporting on a number of projects.

- Participants' observed fitness, dance and movement skills during the Voices & Visions project as measured using an adapted form of the Knowledge East Creative Impacts* observation matrix, showed substantial improvements. Aerial technique, embodiment, stamina, core strength and stability, strength, flexibility, co-ordination and spatial awareness were all assessed and scored from 1 to 5, according to strict criteria. All showed large improvements with mean scores for core strength & stability and muscular strength improving by 93% from the first to the fifth and final sessions, stamina mean score improving by 56% and aerial technique, embodiment and spatial awareness mean scores improving by 44%.
- 75% of Voices & Visions participants agreed being part of the project had helped make them more aware of the importance of health, fitness and looking after their bodies.
- 65% of Lovely Bugs Worcester parks participants agreed they had definitely learned new dance and movement skills as part of this short-term project.

** The Knowledge East Creative Impacts project was a small partnership within the larger KnowledgeEAST partnership, between Trinity College of Music and Laban (now merged as Trinity Laban Conservatoire of Music & Dance) and Goldsmiths College which came together to develop a toolkit to evidence the value of arts work in addressing social exclusion. The Observation Matrix featured in their toolkit was adapted from Darts and Sheffield Hallam's Positive Futures Monitoring and Evaluation Framework. This was further adapted for everyBODY dance.*