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Time to Shine Evaluation

Interim findings from the Time to Shine Evaluation Questionnaire

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Contents

- The Time to Shine Questionnaire
- The respondents
- Key findings
- Conclusions
- Questions



About the Time to Shine Questionnaire

Completed by all consenting participants at entry to a project, and approximately six months later

What did the questionnaire contain?

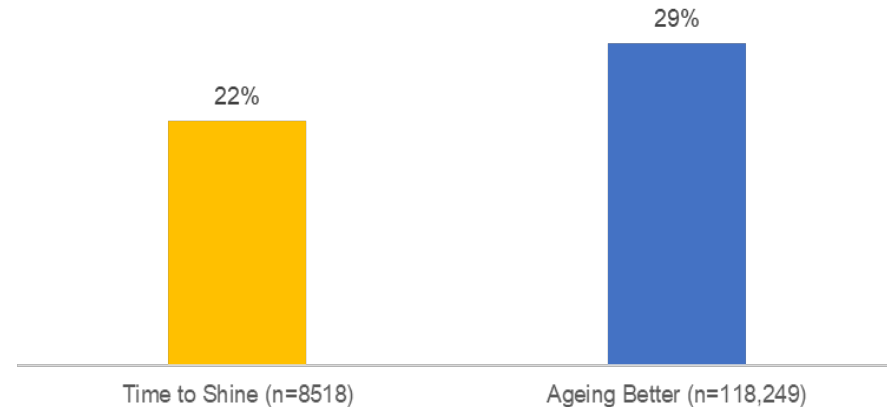
- Demographic information
- Questions about key risk factors of isolation and loneliness
- Measures of loneliness (De Jong Gierveld and UCLA scale)
- Measures of social isolation (social contact with friends, family and local people; membership of social groups; perception of how likely people are to take part in social activities)
- A measure of well-being (Shortened Warwick Edinburgh Mental Well-Being Scale)



About the Respondents

- As of February 2020, **8518 older people** have regularly participated or volunteered in 101 Time to Shine projects
- 1893 participants have completed the questionnaire at least once (22%)

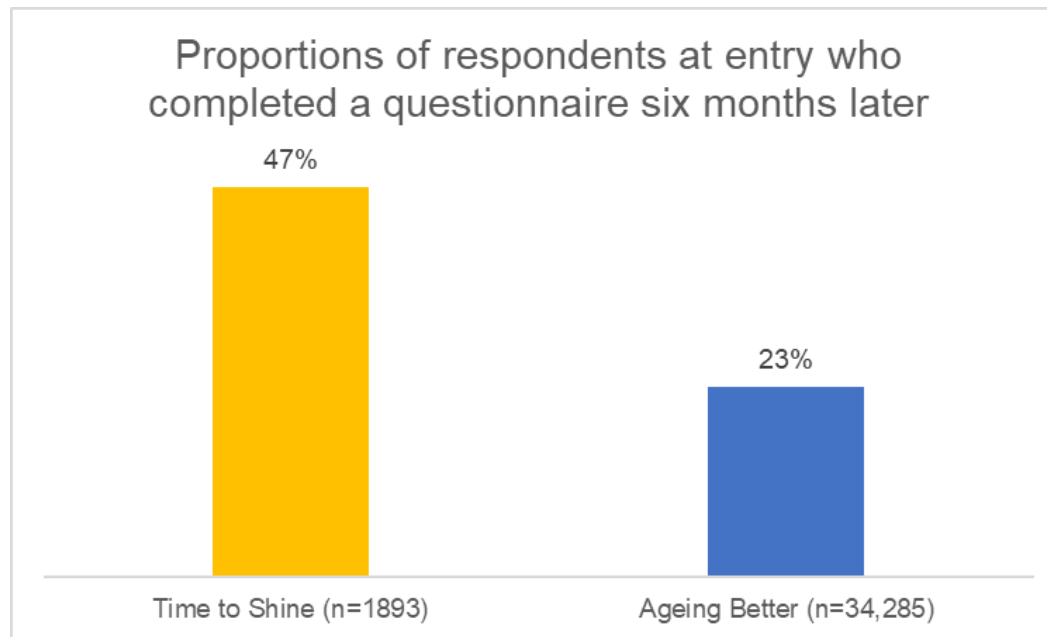
Proportions of participants who completed a questionnaire at entry to a project





About the Respondents

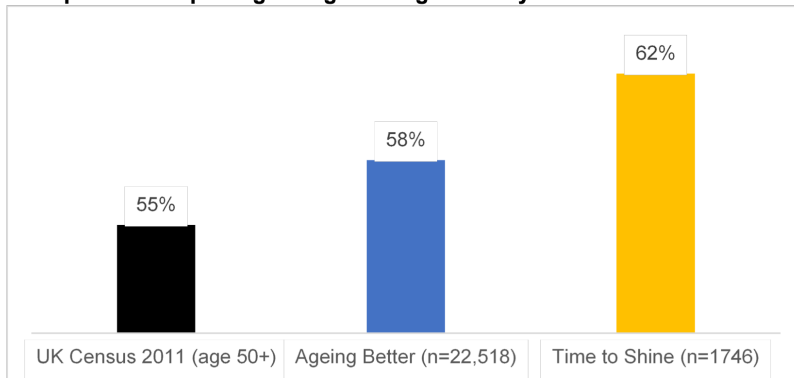
As of February 2020, 893 respondents at Time to Shine have completed the questionnaire at follow up (47%)



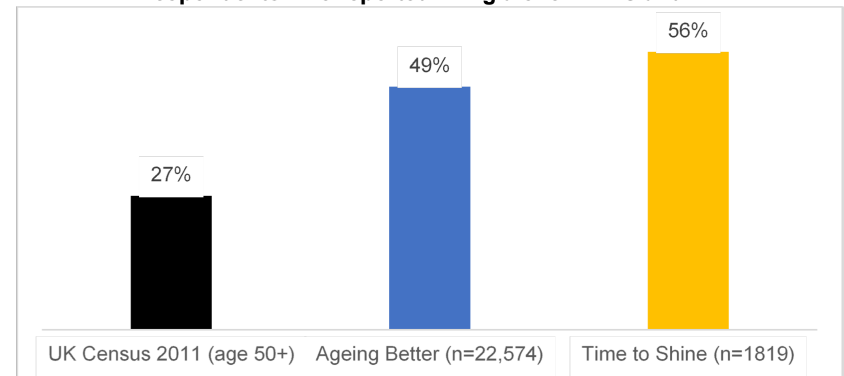


- The majority of Time to Shine respondents are white (78%), heterosexual (97%) and female (63%)
- The majority of Time to Shine respondents live alone (56%) and/or have a long standing disability or illness (62%)
- Time to Shine has been successful at recruiting people in groups at risk of isolation and/or loneliness (including the very old, people who live alone, BAME, LGBT+ and people living with a long standing disability or illness)
- Time to Shine has a higher proportion of male respondents (37%) compared to Ageing Better (31%)

Respondents reporting a longstanding disability or illness in TTS and AB



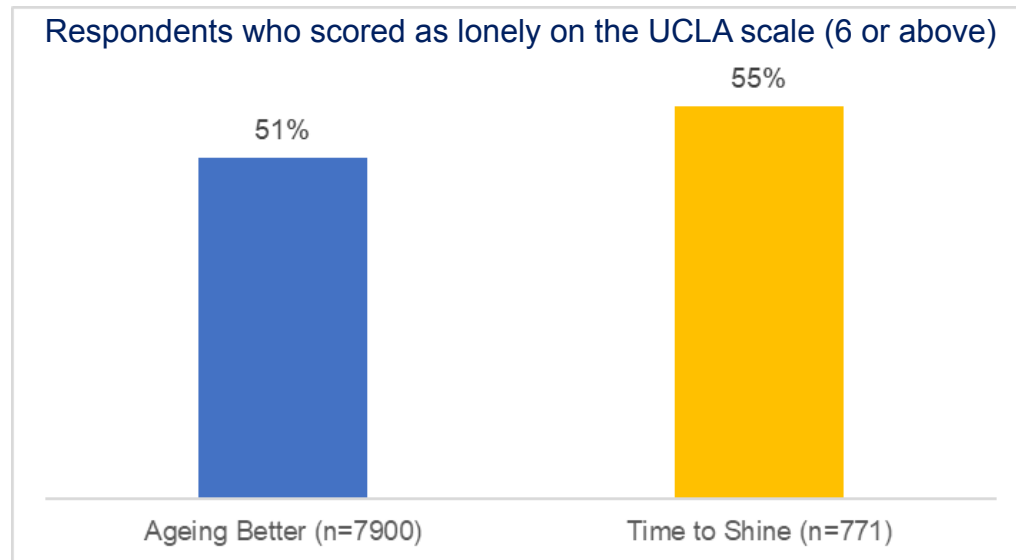
Respondents who reported living alone in TTS and AB





Has Time to Shine engaged isolated and/or lonely older people?

- The majority of Time to Shine respondents (55%) scored as lonely on the UCLA scale (scoring 6 and above) at entry
- Time to Shine respondents scored as slightly more lonely than those at Ageing Better on both the De Jong Gierveld scale and the UCLA scale

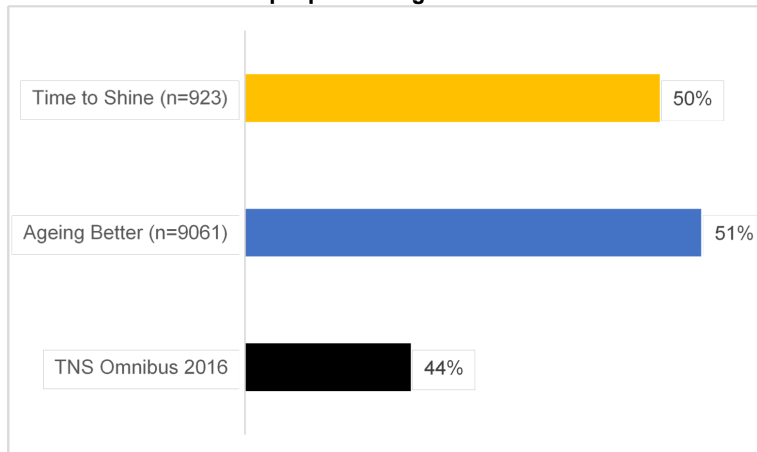




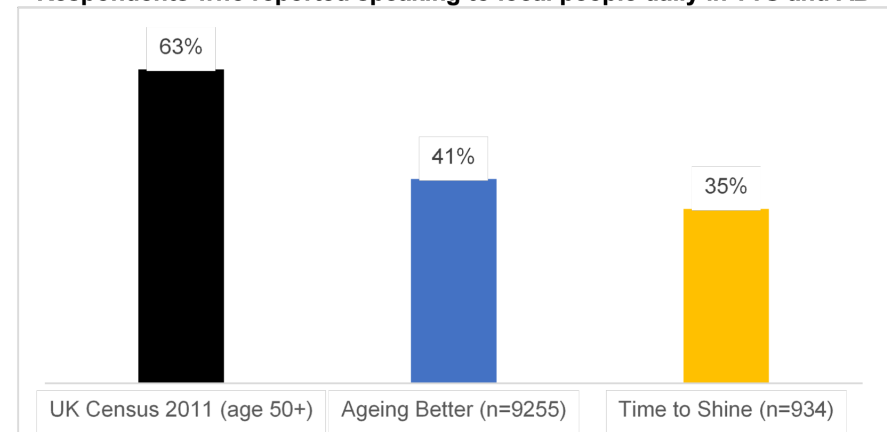
Has Time to Shine engaged socially isolated respondents?

- Time to Shine respondents are more socially isolated than other people their age
- Time to Shine respondents have less social contact with local people, friends and family members compared to those in Ageing Better

Respondents who perceive that they are less likely to participate in social activities compared to other people their age in TTS and AB



Respondents who reported speaking to local people daily in TTS and AB

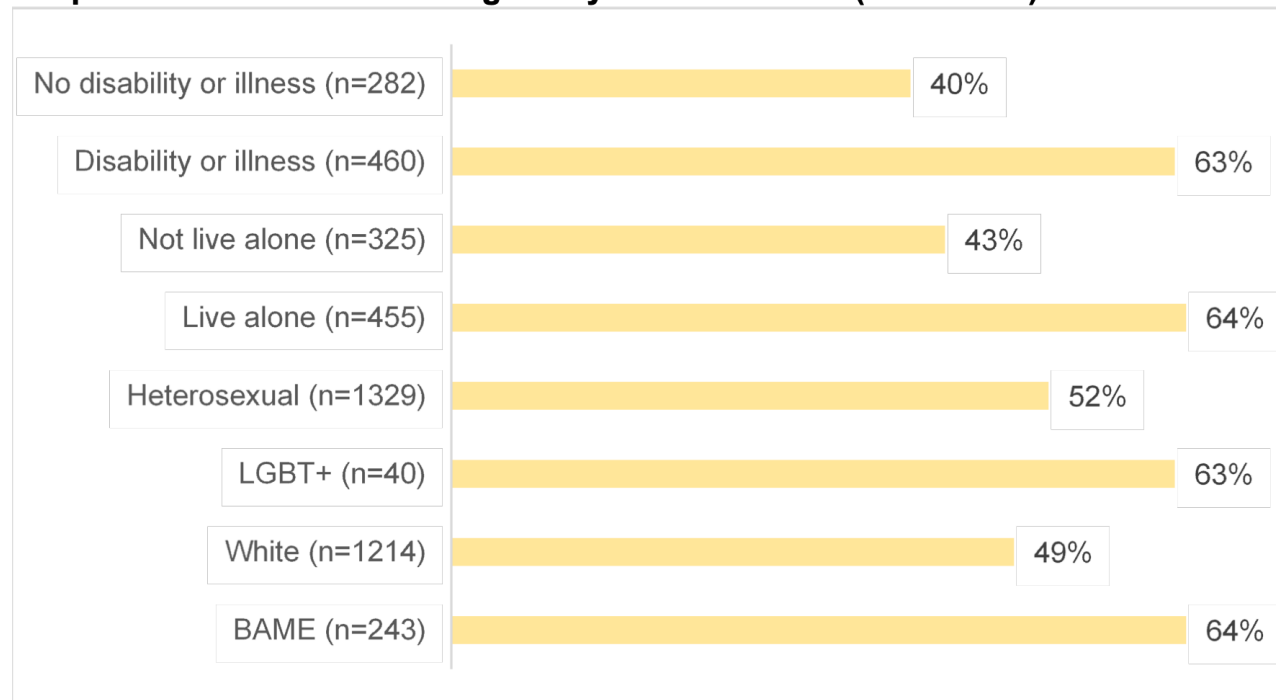




Which Time to Shine respondents are most at risk of loneliness and/or isolation?

Those who live alone, BAME, LGBT+ and those who report living with a long term disability or illness are more at more likely to be lonely

Respondents in TTS measuring lonely on UCLA scale (6 or above)





Which respondents are the most socially isolated?

- Respondents living with a long term disability or illness and BAME respondents are less likely to have social contact with friends and family and local people compared to other respondents in Time to Shine
- Male respondents had less contact with friends and family than female respondents
- Respondents living with a long term disability or illness and those who are living alone are less likely to report that they feel they can participate in social activities as much as other people their age, when compared to other respondents in Time to Shine



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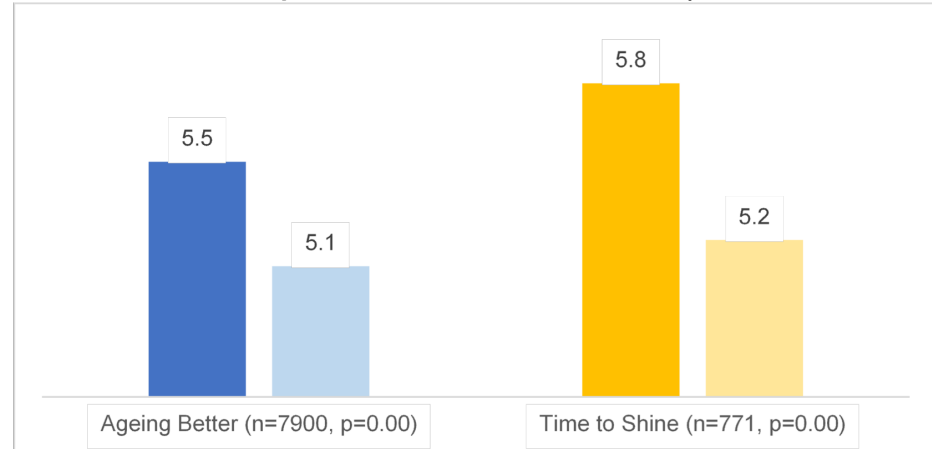
Outcomes for Time to Shine respondents^{†1} loneliness and isolation

- Time to Shine respondents experienced statistically significant reductions in loneliness and isolation across all measures between entry and follow up
- In most cases, the reductions are slightly larger than those experienced by Ageing Better respondents

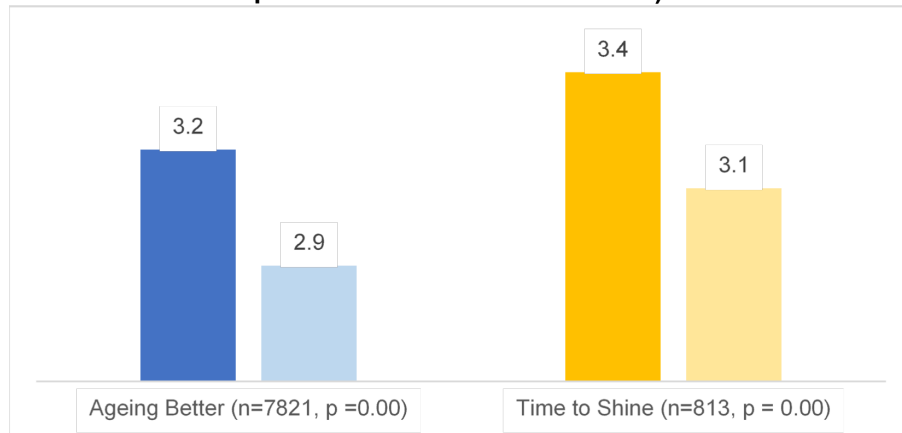


Measures of Loneliness: entry and follow up

Average UCLA Loneliness Scores at entry and follow up in TTS and AB (a reduction in score represents a reduction in loneliness)

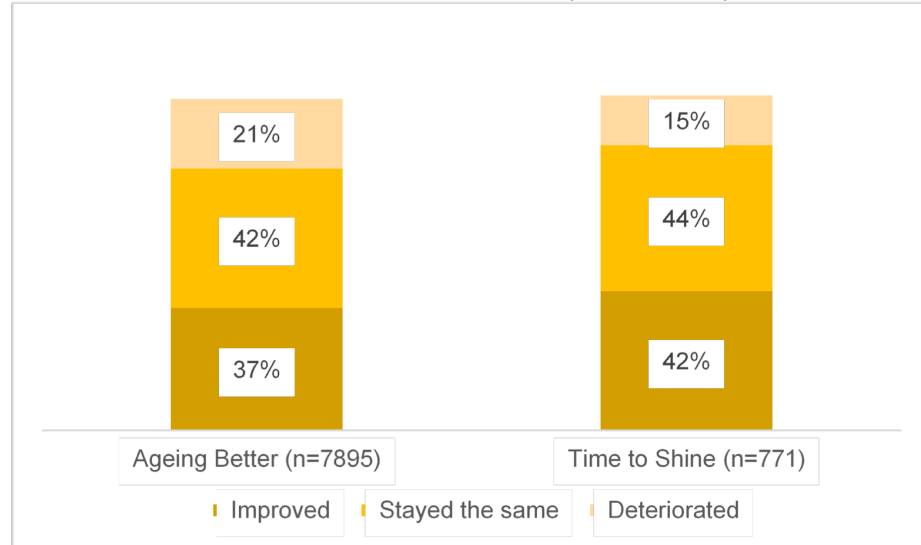


Average De Jong Gierveld Loneliness Scores at entry and follow up in TTS and AB (a reduction in score represents a reduction in loneliness)

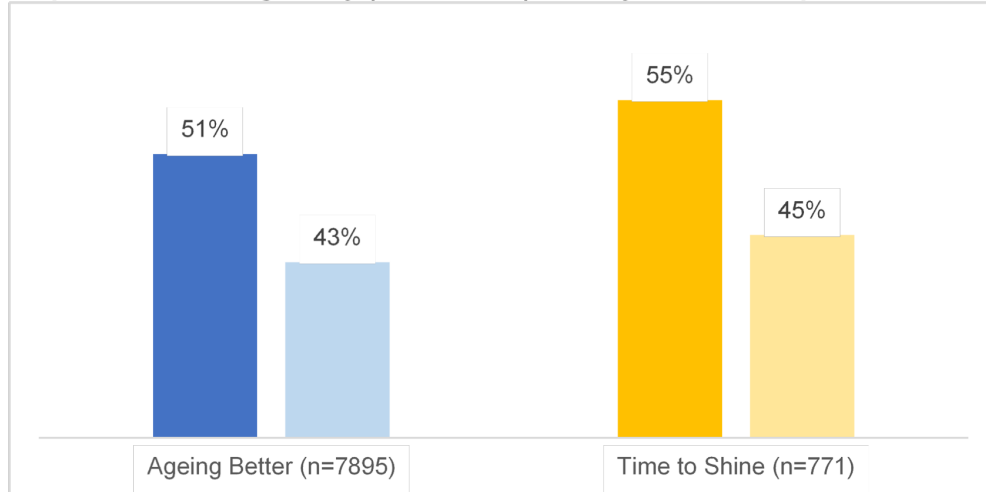




TTS and AB respondents who improved, stayed the same and deteriorated on a before and after measure of loneliness (UCLA scale)

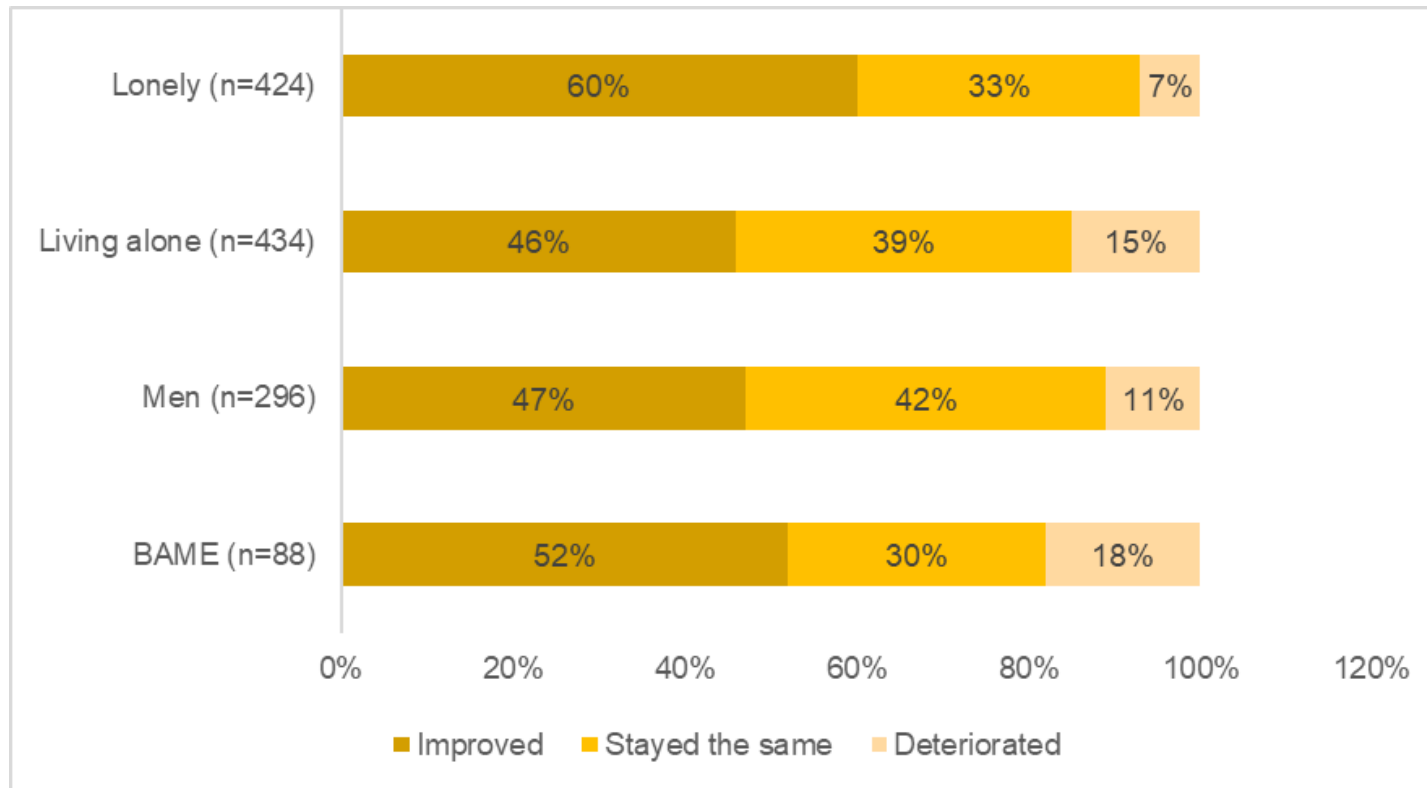


Respondents scoring lonely (UCLA scale) at entry and follow up in TTS and AB





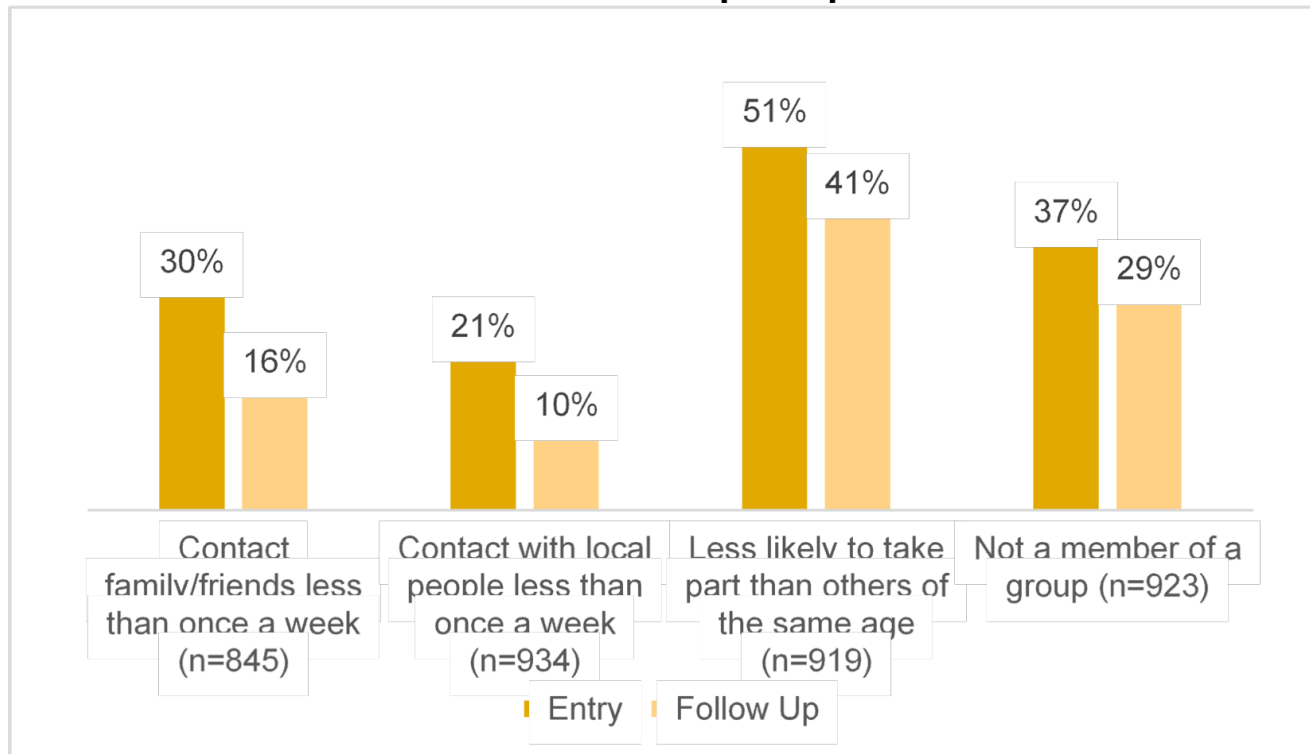
Respondents in groups who experienced the biggest reductions in loneliness in Time to Shine – proportions who improved, stayed the same and deteriorated on a before and after measure of loneliness (UCLA scale)





Reductions in social isolation

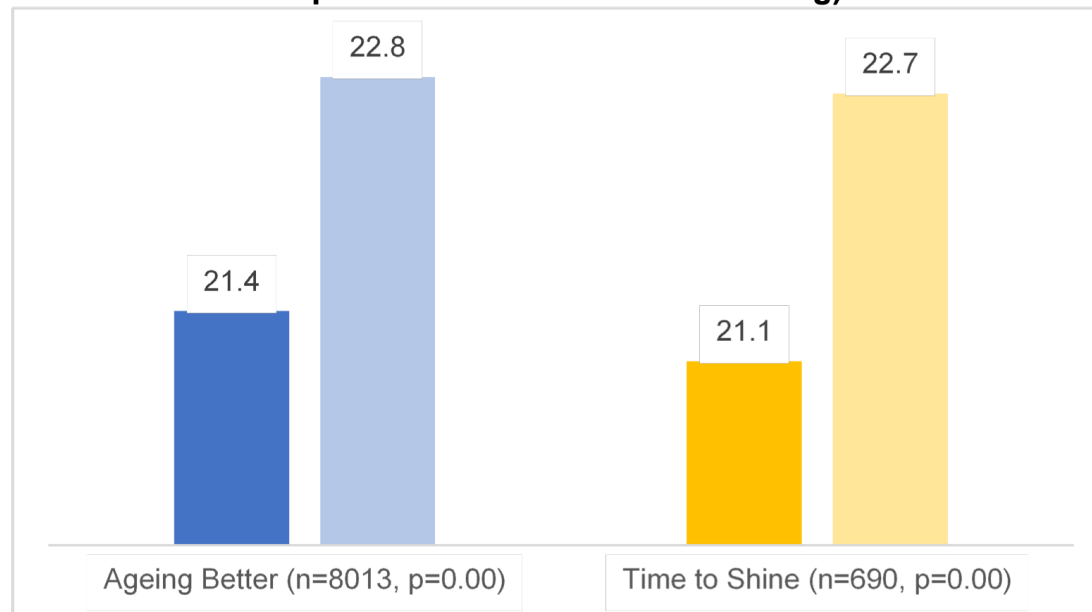
Respondents in TTS reporting social isolation before and after across measures of social contact and social participation





Improvements to Well-being

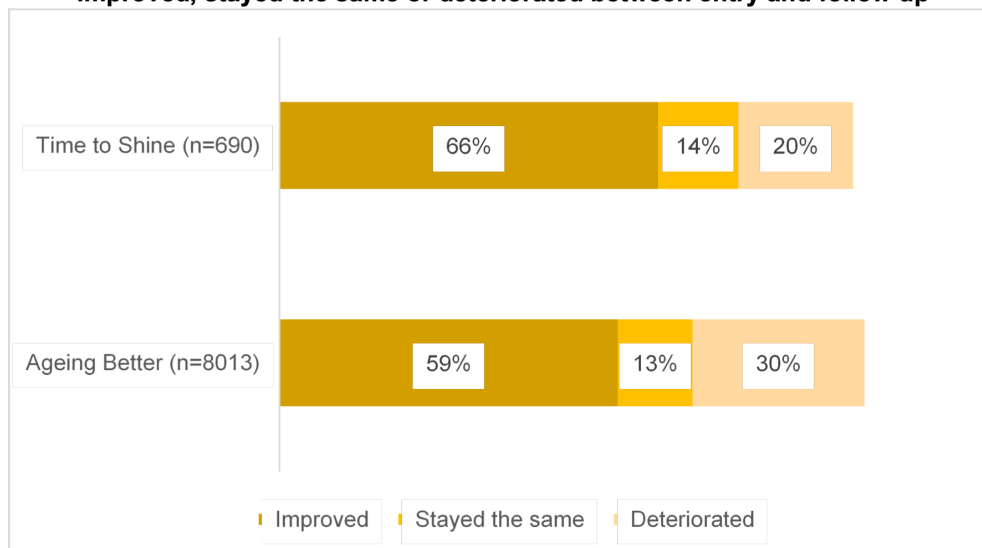
Average well-being scores (SWEMWBS) at entry and follow up (an increase in score represents an increase in well-being)



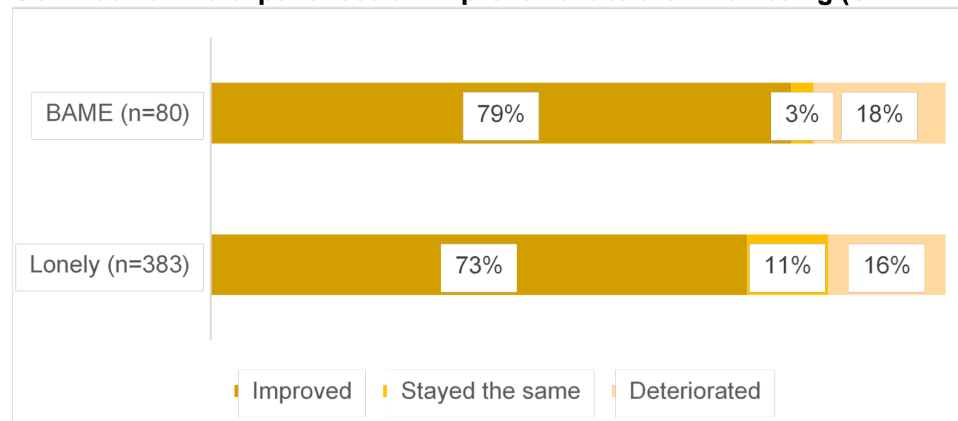


Improvements to Well-being¹⁷

Proportions of respondents in TTS and AB whose well-being scores (SWEMWBS) either improved, stayed the same or deteriorated between entry and follow up



Proportions of BAME TTS respondents and TTS respondents who scored as lonely on the UCLA scale who experienced an improvement to their well-being (SWEMWBS)





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Conclusion

- Time to Shine has been successful at recruiting groups at risk of, or experiencing, isolation and loneliness.
- Time to Shine respondents have experienced statistically significant reductions in isolation and loneliness across all measures between entry and follow up
- Time to Shine respondents have experienced a statistically significant improvement to their well-being



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Comments and questions