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| **Evaluation of the Time to Shine programme:**Interview Schedule: participants |

Thank you for agreeing to be interviewed. My name is XXX based at The Centre for Loneliness Studies, University of Sheffield. You have already received a summary of the research but before I start the interview I would just like to remind you about the main aims of the research.

You have been asked to take part in this study because you are involved in a project or activity linked to the Time to Shine programme and we would like to gain your views on how participation has impacted on your life. Taking part in our study is voluntary and you have the right to withdraw at any time, without giving a reason. This would not affect any support that you currently receive, and information collected from you will not be used by the research team for any other purpose

Before I start the interview can I ask you if you agree to let me audio-record our interview. The recordings will be kept secure and shared only with other members of the research team. We will do everything we can to observe your confidentiality / anonymity, and we will not quote you by name in any report. However, if you have a particular role in XXX project please be aware that comments you make could potentially identify you.

Have you signed the consent form? Yes □ No □

Are you happy for me to record the rest of our interview? Yes □ No □

Do you have any questions before we begin? Yes □ No □

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| **Name of researcher:** |
| **Date of visit:** |

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| **Characteristics of Participant** First I would like to ask you a few questions about yourself *(Interviewer to insert appropriate information after interview)* |
| **Unique ID of participant:** |
| **Pseudonym:**  |
| **Age:**  |
| **Gender:** |
| **Marital status:**  |
| **Ethnic background** (tick which applies)**White*** English/Scottish/Welsh/Northern Irish/UK
* Irish
* Gypsy or Irish Traveller
* Any other White background

**Mixed ethnic background*** Mixed ethnic background

**Asian/Asian UK*** Indian
* Pakistani
* Bangladeshi
* Chinese
* Any other Asian background

**Black/ African/ Caribbean/ Black UK*** African
* Caribbean
* Any other Black/ African/ Caribbean background

**Other ethnic group*** Arab
* Any other ethnic group

Prefer not to say |
| **Religion** (tick which applies)* No religion
* Christian
* Buddhist
* Hindu
* Jewish
* Muslim
* Sikh
* Other religion

Prefer not to say |
| **Sexual orientation (**tick which applies)* Heterosexual
* Lesbian
* Gay man
* Bisexual
* Prefer not to say
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| **Does anyone else live with you? If yes, what is your relationship to this person?** |
| **Is there anyone whom you look after or give special help to? For example, a sick, disabled or elderly relative, wife, husband, partner, child, or friend?** |
| **Do you receive any formal support, for example care workers, day care centres? What kinds of support do they provide?**  |
| **Participation in Time to Shine** Now I’d like to ask you a few questions about your participation in XXX (insert project) |
| **Can you please tell me where you heard about the XXX project?****Why did you decide to get involved in XXX?** (Prompts: to improve health, following change in circumstances (i.e. bereavement), encouraged by a third party, to do more exercise, to meet other people, to get out of the house, for something to do, etc.)**What kinds of activities are you involved in through XXX? (**Prompts: skills/training (such as ICT), physical exercise (gym, Tai Chi, walking, sports etc.), cultural events, befriending services, social activities (such as eating out, daytrips, games or crafts), contributing to steering groups, volunteering. Consider intergenerational cohesion, any contact with younger people?)**How would you describe your general lifestyle before taking part in XXX, for example did you socialise or take part in any activities, events, groups or exercise?** (Prompts: if the answer is no, find out the reason for non-participation i.e. lack of friends or family support, lack of confidence/motivation, poor health)  |
| **Impact of Time to Shine:** Now I would like to ask a few questions around how participating in XXX has affected your life. |
| * **Do you feel that that the amount of time you spend with other people such as friends, family or neighbours has changed since getting involved with XXX? If yes, in what ways?** (Prompts, see more people, made new friends, take more time to see relatives)
* **Do you feel that your level of participation in clubs, support groups, activities or events in your local area has changed since getting involved with XXX? If so, in what ways?** (Prompts: more involved with the community, participation has increased, greater involvement in decision making, signposted or made aware of other services/events through participation)
* **Would you say your general health has changed since getting involved with XXX, if so in what ways?** (Prompts: general wellbeing, look at disability, long term health conditions, is person able to do more, increased independence, less visits to GP etc.)
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| **Have you have learned anything new, or gained any skills through your involvement with XXX? If yes, can you provide more details** (Prompts: relating to shaping community, volunteering, improving well-being, specific skills, i.e. ICT, new language, healthy eating etc.) |
| **Active involvement of participants**  |
| * **Have you been given an opportunity to get involved in designing or delivering XXX, for example have your views been sought regarding how it was developed? Or are you contributing toward running XXX in some way? If yes, can you provide more details?** (Prompts: ideas to reach community/potential beneficiaries, became community researcher, volunteer, support to younger people, part of steering group or similar OR activity changed, or will change, in some way due to interviewee providing feedback or making a suggestion. If interviewee feels was offered the opportunity, but did not get involved, need to ask why, i.e. was it due to any barriers, lack of confidence?)
* **(Only ask the following two questions if respondent answered yes to question above)**

**Do you feel you that your involvement with XXX has been supported?** (Prompts: did you feel your input was valued, did it make a difference, did you feel confident in applying the role, could you ask for help if unsure of anything, were you offered training or any other learning?)**Do you feel the project has changed, or will change, in any way as a result of your involvement? If yes, can you explain how?** (Prompts: new activity or promotional materials developed, change in how activities are run) |
| * **Experiences and feedback:** I am now going to ask you for some feedback based on your involvement in XXX to date.
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| **Overall, do you feel that participating in XXX has met your goals/expectations? Can you please provide more information?** (Prompts: linked with why beneficiary got involved i.e. to improve health, reduce isolation, get involved etc.) |
| **What do you feel have been the main benefits of participating in the XXX project? What do you like about the project?** (Prompts: greater involvement in community, feeling valued/useful, ability to do more tasks for themselves (independence), more knowledge and control over long term health conditions, reduced hospital/GP visits, improved physical health/mental well-being, getting out more, meeting other people, personalised to needs) |
| * **Have there been any negative aspects of being involved in the project? Anything that you have not liked or enjoyed?** (Prompts: What isn’t working, what may discourage involvement – is programme meeting its goals)
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| * **Have you encountered any difficulties or barriers to participating in the project?** (Prompts: Consider cultural or physical barriers, such as those relating to transport, times of day activities run etc., accessibility problems due to disability, lack of confidence, affordability)
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| * **Do you have any suggestions as to how XXX could be improved?**
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| * **Thank you, that is the end of my questions for you, is there anything else you would like to say about the XXX project or your involvement in it, or about Time to Shine more generally?**
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