

Tū Manawa

Insights, Outcomes, Monitoring & Evaluation



The Tū Manawa application form requires applicants to provide insights/evidence for the project and identify outcomes of the project's delivery.

- a. How do you know this project is needed? (i.e., who have you spoken to? What evidence or insights do you have?) *
- b. What are the key changes (outcomes) your programme is trying to bring about in the people and / or the communities that you are working with? (Name up to 3 outcomes) *
- c. Taking the outcomes above, how will you know you have achieved them? What will you measure and how? *

Insights/Evidence

Collecting information to inform decision-making.

Insights is the evidence you need to know that a project is needed. Insights allows a deeper understanding into the communities/people you are working with to provide relevant opportunities and quality experiences.

Insights are most informative when there is a mixture of qualitative and quantitative evidence. This means we are looking for stories, quotes, and written statements as well as numbers of attendance and breakdowns of the groups you are working with e.g., male/female, ethnicity, disability etc.

Tū Manawa Application Form Tip

For Tū Manawa, evidence refers to participant voice directly from tamariki and rangatahi. **The Tū Manawa assessment panel MUST see evidence in your application of participant voice.** What do your tamariki and rangatahi **WANT** to be doing and how do you know this? This should be your priority when supplying evidence that your project is needed.

Successful projects will aim to target tamariki and rangatahi that are not currently involved in any or much physical activity (e.g., cost, travel, exclusion, low confidence etc.) and who would otherwise not be exposed to such activities without targeted efforts.

Those wanting to apply need to consider the following before applying:

1. Which young people aren't participating in existing opportunities?
2. Why don't existing opportunities appeal or what is stopping them from engaging in these (e.g., what specific barriers do they face?)
3. What activities would they want to participate in but don't have access to (either demand related or because of high barriers to participation)

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Applicants should try to ask tamariki and rangatahi the above questions and provide this information as part of their application.

Ways to capture *participant voice*:

- Surveys
- Community consultation
- Informal conversations
- Social media polls
- Classroom poll
- Feedback forms from current sessions
- Insights profiles provided by Sport Waikato and others

Examples of *other evidence* include:

- Information from national, regional, and local surveys
 - Examples include Active NZ, Voice of the Participant, New Zealand Health Survey, Census
- Information from your own surveys, databases
- Information from council, health, and government agency sources
- Research papers or published documents
- Interviews with individuals
- Focus groups
- Observation and informal chats
 - Evidence from past deliveries of programmes or initiatives

There must also be evidence that your project or programme has considered the concept of quality and holistic needs of the intended participants. To assist your thinking, the below resources have been created by Sport New Zealand:

- Balance is Better
- Sport NZ's Play Principles
- Te Whetu Rehua
- Physical Literacy Approach
- Quality Indicators

Sport Waikato publish insights documents to their website, refer to their resources page for further information: <https://www.sportwaikato.org.nz/resources-library.aspx>

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Outcomes, Monitoring and Evaluation

What is an outcome?

Put simply, an outcome should be your WHY. Why are you wanting to deliver this project/programme to tamariki and rangatahi? An outcome is what you are wanting to achieve as a result of your project/programme.

For this fund, an outcome would ideally be qualitative. How will your project have an impact on your participants? Will they increase physical activity levels? Increase confidence to take part in future activities? Or perhaps they will learn new skills they have never tried before?

Attendance and participation numbers are also important to show the relevance and need for your project.

Tū Manawa Application Form Tip:

You must include information about the outcomes your project or programme aims to achieve.

These outcomes could include*:

- Improvement in physical activity levels
- Participation/attendance
- Confidence of participants
- Community and marae connections
- Cultural knowledge
- Access to opportunities
- Diversity of participants

*Note: you do not need to include all of the above outcomes, they are just some examples.



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What is monitoring?

Monitoring is the process of collecting information throughout the duration of your project, to help measure the success of your project.

Tū Manawa Application Form Tip

You must also detail how you will monitor and evaluate your impact.

This could include:

- Surveys
- Participant feedback
- Waiata
- Video
- Storytelling
- Case study

What is evaluation?

Evaluation is an assessment of how well your project or programme has achieved its outcomes and its impact. As you are part of a nationwide fund, Sport Waikato and/or Sport New Zealand will carry out an evaluation process through supplied project reporting that will review your outcomes and monitoring and will link this into the overall objectives of the fund.

