



PORTHI PAWB SROI (COVID GRANT) REPORT

“The grant we received from Mantell Gwynedd has been an enormous help to our project. Porthi Pawb has grown during this pandemic period and we now prepare, cook and distribute hot, wholesome meals to over three hundred local older and vulnerable residents in Caernarfon. Without the grant funding from Mantell Gwynedd we would not have been able to do this. THANK YOU!”

Project Co-ordinator Chris Summers



*Yn cefnogi grwpiau gwirfoddol a chymunedol
Supporting voluntary and community groups*



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Executive summary

This report will analyse the social value created by the Mantell Gwynedd Covid-19 grant, which was awarded to Porthi Pawb, Caernarfon. Porthi Pawb received a sum of £1000 from Mantell Gwynedd as part of the Covid-19 Voluntary Services Emergency Fund.

Porthi Pawb is a cookery project that was set up in April 2020 by project co-ordinator Chris Summers. The project distributes hot food to frail and older people in Caernarfon and was set up as a direct result of the devastating impact of Covid-19 on the local community.

The project was analysed using the Social Return on Investment (SROI) framework to understand the total value created for individuals who were referred to the programme. The result of this analysis demonstrates that significant value is created through the project.

The result of £4.78:1 indicates that for each £1 of value invested, £4.78 of Social Value is created.

There is a growing need for an alternative in our communities to support the increasing concerns around mental health, poverty and to reduce isolation. This model offers individuals the opportunity to create changes in their own lives and to empower them to make positive decisions. The outcomes of the project experienced by the individuals is **reduced isolation, reduced anxiety, and improved physical health**. The outcomes experienced by the volunteers of the project include **feeling good being able to help the community and improved feeling of togetherness within the community**.

Acknowledgement

This report would not be possible without involving key stakeholders to understand what changes have taken place and establish their impact. A huge thank you to the individuals who received the meals for filling in questionnaires, to Dawn and Dewi for co-ordinating the questionnaire efforts and to Chris and the whole team at Porthi Pawb who are clearly so passionate about their work. Their enthusiasm and support to help the individuals of Caernarfon is second to none.

Diolch yn fawr i bawb.

Social Value Cymru team at Mantell Gwynedd.

Introduction

This report will analyse the social value created by Porthi Pawb of Caernarfon. Porthi Pawb received a sum of £1000 from Mantell Gwynedd to assist local volunteers with the task of preparing, cooking and distributing cooked meals to older and vulnerable people in the Caernarfon area. Up to 300 – 350 freshly cooked, hot and wholesome meals are distributed every week to local residents.

At the start of the Covid-19 pandemic Welsh Government launched a £24m fund to assist the voluntary sector in Wales with their efforts during the pandemic. From this fund three major funds to support the third sector were set up: The Voluntary Services Emergency Fund (VSEF), the Third Sector Resilience Fund and the Community Facilities Programme. The first of these three funds was aimed at enabling voluntary sector organisations to provide vital support during the coronavirus crisis to continue and expand their work, and the second fund was designed to support those voluntary sector organisations that needed financial support to survive the pandemic crisis because of unprecedented fall in fundraising and donation income. The Community Facilities Programme supported well-used community facilities to improve their financial and /or environmental sustainability.

As part of the Third Sector Support Wales partnership, CVCs in Wales distributed £500k of the VSEF as a small grants fund. Mantell Gwynedd was allocated £25k from the VSEF to help organisations in Gwynedd to keep going or to extend their services during the pandemic. Organisations in Gwynedd were invited to apply for a grant from £100 to £1000. The £25k VSEF managed by Mantell Gwynedd supported 27 organisations across the third sector in Gwynedd. The organisations who successfully applied and received grants from the Mantell Gwynedd VSEF were:

Porthi Pawb Caernarfon, GISDA, Crossroads, Help Harlech, Seren Blaenau Ffestiniog, Banc Bwyd Nefyn, Prosiect Cymunedol Llandwrog, Gwallgofiaid Blaenau Ffestiniog, Siop Griffiths Penygroes, Gweithgor Cymunedol Llanbedr, Egni Abergynolwyn, Prosiect Braich Coch Inn Corris, Prosiect Neuadd Llanllyfni, Prosiect Sign, Sight & Sound, Llygaid Maesincla, Datblygiadau Egni Gwledig (D.E.G.), Prosiect Pablig, Menter y Plu Llanystumdwy, Menter Fachwen, Grŵp Ffermwyr a Garddio, Pecynnau Codi Calon y Groeslon, Maes Ni.¹

This report will follow the principles of Social Value, as set out by Social Value International and Social Value UK to make a Social Return on Investment (SROI) forecast report of the Porthi Pawb project.

Social Return on Investment Principles

1. **Involve stakeholders** Understand the way in which the organisation creates change through a dialogue with stakeholders
2. **Understand what changes** Acknowledge and articulate all the values, objectives and stakeholders of the organisation before agreeing which aspects of the organisation are to be included in the scope; and determine what must be included in the account in order that stakeholders can make reasonable decisions
3. **Value the things that matter** Use monetisations of value in order to include the values of those excluded from markets in the same terms as used in markets
4. **Only include what is material** Articulate clearly how activities create change and evaluate this through the evidence gathered

¹ <https://mantellgwynedd.com>

5. **Do not over-claim** Make comparisons of performance and impact using appropriate benchmarks, targets and external standards
6. **Be transparent** Demonstrate the basis on which the findings may be considered accurate and honest; and show that they will be reported to and discussed with stakeholders
7. **Verify the result** Ensure appropriate independent verification of the account
(source: socialvalueuk.org)²

Background, context & the need for the service

Porthi Pawb is a cookery project that was set up in April 2020 by project co-ordinator Chris Summers. The project distributes hot food to frail and older people in Caernarfon and was set up as a direct result of the devastating impact Covid-19 had on the local community. Chris' place of work as the head chef of The Oystercatcher in Anglesey had to close due to the lockdown. Chris wanted to help and support the community during this time, and he set up Porthi Pawb to utilise his skills for the benefit of others, especially his wider community. Food donations from local businesses such as Harlech Foodservice, Total Produce and Owen Glyn Owen helped kickstart the project.

At the start of the project, Porthi Pawb used the Cae Gwyn Catering kitchen to provide around 70–80 meals with the help of 4 volunteers. As the project grew and the demand for the service increased, Porthi Pawb moved to the local secondary school, Ysgol Syr Hugh Owen (YSHO). The YSHO industrial school kitchen enabled an increase in output and capacity and resulted in preparing around 550–650 meals weekly with a group of 35 volunteers cooking and

² <https://www.socialvalueuk.org/>

delivering meals to the 350 vulnerable people in Caernarfon³. Since the start of the pandemic, Porthi Pawb has provided over 18,000 free meals to people in Caernarfon.

During the summer, Porthi Pawb set up 'Porthi Plantos', providing lunches for school children over the summer holidays. The project has now expanded again with the setting up 'Porthi Plantos Dillad', providing the local children with clothing⁴.

The UK and Wales context is also an important consideration when assessing the overall value of Porthi Pawb project. As a direct result of Covid-19 the need of food parcels had already increased dramatically in 2020, with an 89% increase on 2019 figures⁵. Food poverty is an issue throughout the UK and the top reasons for referral to a food bank in the Trussell Trust network in April–September 2020 were low income (47%), benefit delays (9%) and sickness/ill health (6%)⁶. According to the same study, over 2,000 food bank parcels were provided in Gwynedd during the same period (See Figure 1⁷). The number of food parcels distributed are high in all counties of North Wales. Food poverty was already an issue and on the rise in previous years, and the pandemic has exacerbated the problem⁸.

Figure 1 – Total food parcels issued by the Trussell Trust Network April 2020 – September 2020 in North Wales.

³ <http://www.gwylfwydcaernarfon.cymru/newyddion/prosiect-porthi-pawb-yn-helpu-pobl-caernarfon-yn-y-stod-y-pandemig>

⁴ <https://caernarfon.360.cymru/2020/porthi-plantos-ehangu-darparu-dillad-blant-2/>

⁵ <https://www.trusselltrust.org/>

⁶ <https://www.trusselltrust.org/news/mid-year-stats/> (Accessed 08/01/21)

⁷ <https://www.northwaleschronicle.co.uk/news/18946904.food-bank-use-rises-third-across-north-wales/>

⁸ Power, Doherty, Pybus, & Pickett, (2020) – How COVID-19 has exposed inequalities in the UK food system: The case of UK food and povety.



Stakeholder engagement

Including stakeholders is the fundamental requirement of SROI, and the first principle of Social Value International. Without the involvement of key stakeholders, there is no validity in the results – only through active engagement can we understand actual or forecasted changes in their lives. Only then can SROI value those that matter most. For the stakeholder engagement in this report, we conducted both quantitative and qualitative research methods.

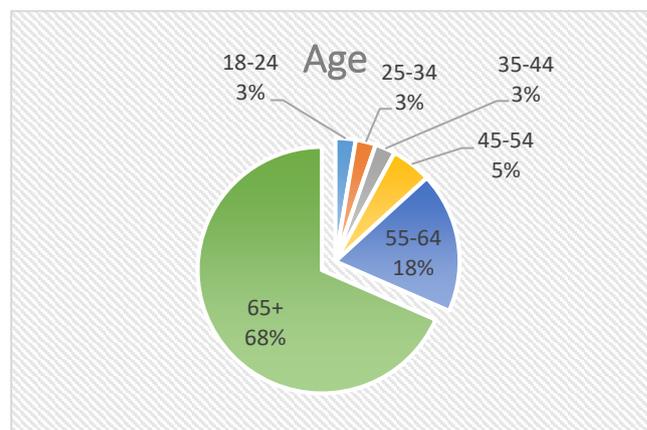
Service users

In October – November 2020, 6 telephone interviews were held with the service users of Porthi Pawb. For a group of 350 people this is just 2% of the service users’ population group, and therefore a very low figure. However, there were many limiting factors in being able to engage fully with the service users: they are older and vulnerable, many are over 65+ (see figure 2); they did not feel comfortable speaking with the researcher; some having to shield

and the national firebreak between Friday 23 October and Monday 9 November⁹. Therefore, in keeping to the 'be transparent principle', the judgements made on the outcomes experienced identified via the interviews were verified by the volunteers who engaged with the service users weekly. This then gave the outcomes identified more validity and the researcher more confidence in the findings.

From the interviews, a follow up survey was sent out to the service users which resulted in 35 responses. This sample size represents 10% of the total number of service users. (Please see appendix 1 for the questionnaire). The next step was to construct a Theory of Change (TOC) to identify the outcomes and the changes experience by the service users as a result of the meals provided by Porthi Pawb (Please see appendix 2). These will be discussed in more detail in 'Outcomes' section of the report.

Figure 2 – Age of the service users



Volunteers

Due to Covid-19 restrictions the engagement with the volunteers was limited to only telephone interviews. As with the service users, all the interviews were conducted in November 2020. 4 telephone interviews were held with this stakeholder group, which

⁹ <https://gov.wales/national-coronavirus-fire-break-to-be-introduced-in-wales>

represents 11%. Once confident in the outcomes identified from the interviews for the volunteers, a follow up survey was sent out. The response rate was 32% for the survey, 11/35 of the volunteers returned the survey (Please see appendix 3). This gave enough credibility in the data collected to be confident in the outcomes and assumptions made and to construct a TOC for the changes experienced by the volunteers (Please see appendix 4).

Project inputs

The main financial input for Porthi Pawb are grants and donations. For this report we are primarily assessing the £1,000 grant given to Porthi Pawb by Mantell Gwynedd as part of the VSEF. At the height of the first lockdown Porthi Pawb were spending £300 – £350 per week on the meals. Therefore, it has been calculated that the grant helped the project for just 3 weeks from a financial viewpoint.

This service is free to those that receive it, but some non-financial inputs are also necessary to ensure any changes. Given the need for volunteers to help the project it is appropriate to include an additional input that values this time contribution. Therefore, the approximate cost for the volunteer time is calculated (table 1) for the 3 weeks the grant financially helped the project.

Table 1 – Cost of the volunteers’ time for the project

Volunteers	Task	Value	Source
Value (cost) of the volunteer time – up to 35 people at the height of	10 volunteers working in the kitchen, 25	£8.72 x hour per individual (180 hour per week for all volunteers x 3 weeks)	Gov.co.uk ¹⁰

¹⁰ <https://www.gov.uk/national-minimum-wage-rates>

the pandemic in April 2020	volunteers working as food distributors	therefore, total of £4708.80	
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The main purpose of this report is to analyse the £1,000 grant given to Porthi Pawb by Mantell Gwynedd. However, as a direct result of obtaining the grant from Mantell, Porthi Pawb were then able to successfully apply for other grants from other organisations.

“The grant from Mantell opened doors for us to be able to seek further grants and donations from other organisations”

Porthi Pawb co-ordinator

Therefore, the additional financial inputs for the project, including the grants from various organisations have been added to the monetised inputs of the project for this SROI report. Mantell Gwynedd, ADRA and The National Lottery Community Fund have all contributed financially to the project. Overall, with the 180 monetised hours worked by the volunteers and all funding/grants obtained by Porthi Pawb the total monetised input for the project in the context of this report is £18,209 (see table 2 below) which works out as £47 as the cost per individual.

Table 2 – Total Monetised Inputs

Stakeholder	Financial input	Non-financial input	Cost per individual
350 Service users	N/A	Willingness to take part in the Porthi Pawb project	
Mantell Gwynedd	£1,000 grant		
ADRA	£2,500 grant		

The National Lottery	£10,000 grant		
Community Fund			
35 Porthi Pawb volunteers	£4708.80	£4708.80 of value for the time given to the project by the volunteers	
Totals	£18,209		£47 per individual



Volunteering in times of crisis- COVID 19 Dewi Jones (Porthi Pawb, Caernarfon)

The voluntary sector and individuals have played a key role over the last year responding to real needs in our communities where support was not otherwise available. One of the projects that came to fruition in response to covid is Porthi Pawb in Caernarfon. Volunteers and the role of communities have come to the limelight in recent months and we feel it's important to sharing these experiences and their impact.

Here is the experience of one of Porthi Pawb's volunteers, Dewi Jones:

"It was a bit of a shock to the routine when lockdown arrived. I went from working two full-time jobs, working almost 80 hours a week, to nothing after losing both almost over night.

Instead of sitting in the house worrying about the future, I felt my time and skills could be made useful. This is when I met Chris Summers. Chris had the idea of cooking and distributing hot meals to the elderly and vulnerable throughout Caernarfon so I leapt at the opportunity to join the team. The project started by providing a staggering 65 meals in the first week and a crew of around 5 volunteers. The scheme grew to preparing 950 meals a week and a team of over 45 volunteers giving up their time to help others.

I'm so pleased to have joined this project and seeing it grow. Volunteering and supporting with preparing the meals and delivering them to hundreds of people has been one of the best ways I gave my spare time for such an important cause.

I would like to send a big thank you to Ysgol Syr Hugh Owen for allowing us to use their kitchen facilities over the period and I hope we can continue to do so in the future "

Thank you Dewi and the whole team of volunteers at Porthi Pawb for the tremendous work you all do to support others.



Outputs of the project

The immediate output for the project is the number of service users receiving the meals.

During the height of the pandemic, there were up to 350 individuals and/or families receiving meals from Porthi Pawb in and around the Caernarfon area on a weekly basis. Service users received 2 meals per week, one main course and dessert, free of charge. It was cooked and delivered by 35 volunteers, 10 working in the Cae Gwyn / YSHO kitchen and 25 food distributors.

The valuation method

The valuation approach used to place a monetised figure for the outcomes experienced by the service users is 'revealed preference'. In simple terms this means how much it would have cost the service users to pay for a service that does the same as Porthi Pawb. Meals on Wheels are of the same mould as Porthi Pawb. The grant provided by Mantell Gwynedd contributed to 3 weeks of meals for the 350 service users, around 2,100 meals. The service users would have to pay £43.40 each for the same service from a Meals on Wheels provider for the 3 weeks of meals, based on the average cost for the service in Wales¹¹.

The valuation of the 'Well-being preference' approach was used for the outcomes identified for the volunteers. For this report, the HACT database was used¹². To adhere to the principle of not over-claiming the SROI figure for all outcomes has been calculated using the distance travelled method. Distance travelled related to the true extent of the change experienced by the individuals, both service users and volunteers. For example:

¹¹ https://www.publicsectorcatering.co.uk/sites/default/files/attachment/nacc_-_meals_on_wheels_report_2018.pdf

¹² <https://www.hact.org.uk/value-calculator>

No change = 0%

A little change = 25%

Some change = 50%

Quite a lot of change = 75%

Outcomes

It is only by measuring outcomes that we can be sure that activities are effective in terms of what matters most to the service users and the volunteers of Porthi Pawb. Through conducting the interviews with both service users and volunteers, with then a follow up survey, we were able to identify the changes to people's lives through the work done by Porthi Pawb.

Service users

- **Reduced loneliness and isolation**
- **Reduced anxiety**
- **Improved physical health**

Volunteers

- **Feeling good being able to help the community through regular volunteering**
- **Improved feeling of togetherness within the neighbourhood / community**

Service users

In the input for the value map, all 350 service users are included for each identified outcome.

This is based on 35 surveys returned by the service users which represents a 10% sample size of the total stakeholder group. Therefore, there is enough confidence in the data and the judgments made in the report that correlates with discussions held with the service users during the stakeholder engagement process.

a) Reduced loneliness and isolation

During the first national lockdown many people across the country felt some degree of loneliness and isolation with those in poverty feeling the effects more than the general population, based on a 2020 study by Bu, Steptoe, & Fancourt, 2020¹³. There is a direct link between food poverty and loneliness according to Kettil, 2020¹⁴. As highlighted in the report, food poverty is high in Gwynedd and this statement is backed by research commissioned by Welsh Government in 2018, updated in 2019¹⁵. The Porthi Pawb project has helped their service users reduce their feeling of loneliness and isolation during Covid-19.

“It helps, even seeing another face once a week, encouraging me to cook for myself.”

Based on the questionnaire results **91%** (32/35 of the survey responses) of individuals in the sample size felt there was a positive change in feeling less lonely and isolated thanks to Porthi Pawb. This converts to 319 of the total population. Service users reported a distance travelled (level of change experienced by the service users, the higher the number, the greater the impact on the individuals) of **56%**. This is an indication of some change / quite a lot of change. These figures clearly show that the project has had a positive and strong impact on reducing the levels of loneliness and isolation experience by the clients during the pandemic. This correlates with the theme from the interviews, therefore there is a reasonable level of confidence in the data supporting this outcome.

¹³ Bu, F., Steptoe, A., & Fancourt, D. (2020). Loneliness during a strict lockdown: Trajectories and predictors during the COVID-19 pandemic. *Social Science & Medicine*.

¹⁴ Kettil, S. (2020). A Dignified Life: How poverty fosters loneliness and how people manage to engage in alternative forms of socialization in an urban landscape. *Department of Sociology*.

¹⁵ <https://gov.wales/sites/default/files/statistics-and-research/2019-02/national-survey-wales>

b) Reduced anxiety

Anxiety levels were on the rise overall throughout the UK at the start of the pandemic, with the element of the 'unknown' making people more anxious during the early months of lockdown, as reported by (Smith, et al., 2020)¹⁶. In addition, having to shield and/or self isolate further increased people's anxieties, especially older people, as stated by (Rabb, Jager, Ahmandi-Abhari, & Giannakopoulou, 2020)¹⁷. As this report has mentioned, the majority of Porthi Pawb service users are over 65 years old. Therefore the reduced anxiety outcome is very relevant and material for this assessment and key for the service users, and adheres to the 'Only include what is material' principle.

"The important thing is the care and commitment you show, invaluable"

The questionnaire figures show that:

97% of service users in the sample size felt there was a positive change in reduced feeling of depression and anxiety because of Porthi Pawb. This converts to 340 of the total population. Service users reported a distance travelled of **59%**. This is again an indication of some change / quite a lot of change. The statistics show that the project and service provided has had a clear positive and strong impact on reducing the anxiety experienced by individuals during the pandemic.

¹⁶ Smith, L., Jacob, L., Yakkundi, A., McDemott, D., Armstrong, N. C., Bennet, Y., Tully, L. B. (2020). Correlates of symptoms of anxiety and depression and mental wellbeing associated with COVID-19: a cross-sectional study of UK-based respondents. *Psychiatry Research*, 291.

¹⁷ Rabb, C. E., Jager, C. A., Ahmandi-Abhari, S., & Giannakopoulou, P. (2020). Associations of Social Isolation with Anxiety and Depression During the Early COVID-19 Pandemic: A Survey of Older Adults in London. *frontiers in Psychiatry*.

c) Improved physical health

86% (31/35 of the survey responses) of service users in the sample size felt there was a positive change in physical health thanks to Porthi Pawb. This represents 301 of the total population. Service users reported a distance travelled of **48%**. An indication of some change, the lowest of the three outcomes identified, nevertheless, still a positive change. **Other contributing limiting factors include: lockdown, shielding and the average age of the service users.** The numbers indicate Porthi Pawb service provided a level of improved physical health experienced by the service users during Covid-19.

Volunteers

In the input for the value map, all 35 volunteers are included for each identified outcome. Based on 11 surveys returned by the volunteers this represents a 32% sample size of the total stakeholder group.

The volunteers of Porthi Pawb are a key stakeholder group of the Porthi Pawb project. Without the volunteers giving their time to help and support Porthi Pawb the project would not function as well, and as a result, volunteers develop life satisfaction. This is social value from experiences according to Holmes, 2009¹⁸. Therefore, it is right to include them in this report as they have both inputs and material outcomes.

d) Feeling good being able to help the community

¹⁸ Holmes, K. (2009). The Value of Volunteering: The Volunteer's Story. *Australian Journal on Volunteering*, 14.

The Covid-19 pandemic has had many negative impacts on people's lives, including lockdown, shielding and other restrictions. All these difficulties has brought people of smaller communities together to help the most vulnerable (Virgo, Patten, & Pajer, 2020¹⁹).

“Gwenud ffrindiau newydd a chael llawer o hwyl” (“Making new friends and having a lot of fun”)

The questionnaire figures show **100%** of volunteers in the sample size (11/35) reported feeling good being able to help the community because of volunteering with Porthi Pawb. When asked about the level of change experienced, the sample size reported a distance travelled of **72%**. This is an indication of ‘a lot of change’ for the outcome based and a good sample size of the population.

e) Improved feeling of togetherness within the community

The questionnaire figures show **100%** of volunteers in the sample size reported improved feeling of togetherness in the community because of volunteering with Porthi Pawb. When asked about the level of change experienced, the sample size reported a distance travelled of **74%**. This is an indication of ‘a lot of change’ for the outcome based and a good sample size of the population.

Value

The difference of using SROI to other frameworks is that it places a monetary value on outcomes. By using monetisation, it allows us to not only give the story of what has changed in people's lives, but also allows us to put a value on these changes so we can compare costs

¹⁹ Virgo, D., Patten, S., & Pajer, K. (2020). Mental Health of Communities during the COVID-19 Pandemic. *The Canadian Journal of Psychiatry*.

and outcomes. This is not about putting a price on everything, but it allows us to demonstrate what impact the service has on other stakeholders and the possible savings an intervention can create. It also goes beyond measuring and allows organisations to manage their activities to ensure the best possible impact is created for those that matter to them the most, the individuals. The table below shows the average weighting given to the outcomes, demonstrating that changes in mental health was the most valuable to service users at an average of 9/10 for both ‘reduced loneliness and isolation’ and ‘reduced anxiety’.

Table 3 – Value of each outcome

Stakeholder	Outcome	How important is this change out of 10?
Service users	Reduced loneliness and isolation	9
	Reduced anxiety	9
	Improved physical health	7
Volunteers	Improved skills and satisfaction	9
	Improved feeling of togetherness	9

SROI results

This section of the report presents the overall results of the SROI analysis of the Porthi Pawb project. Underpinning these results are the seven SROI principles which have carefully been applied to each area of this analysis. The results in Table 4 indicate a positive return for service users and volunteers who experienced positive outcomes.

Table 4 - Present Value Created per Individual Involved

Stakeholder	Average value for each individual involved
Individuals	£180

The overall results in Table 5 highlight the total value created, the total present value (discounted at 3.5%), the net present value, and ultimately the SROI ratio.

Table 5 – SROI Headline Results

Total value created	£
Total present value	£86,953
Investment value	£18,209
Net present value (present value minus investment)	£68,744
Social Return on Investment	<u>£4.78:1</u>

The result of £4.78:1 indicates that for each £1 of value invested in Porthi Pawb, a total of £4.78 of Social Value is created.

Sensitivity analysis

The results demonstrate highly significant value created by the Porthi Pawb and is based on application of the principles of the SROI framework. Although there are inherent assumptions within this analysis, consistent application of the principle not to over-claim leads to the potential under-valuing of some material outcomes based on issues such as duration of impact.

Conducting sensitivity analysis is designed to assess any assumptions that were included in the analysis. Testing one variable at a time such as quantity, duration, deadweight or drop-off allows for any issues that have a significant impact on the result to be identified. If any issue is deemed to have a material impact, this assumption should be both carefully considered and managed going forward. To test the assumptions within this analysis, a range of issues were altered substantially to appreciate their impact. A summary of the results is presented in table 5.

Table 6 – SROI sensitivity analysis

Variable	Current assumption	Revised assumption	Revised SROI	Proportion of change
Service Users				
Reduced loneliness and isolation	Quantity: 340	Quantity: 400	£4.80	+0.42%
	Deadweight: 30%	Deadweight: 60%	£4.72	-1.3%
	Attribution: 30%	Attribution: 60%	£4.67	-2.3%
Reduced anxiety	Quantity: 312	Quantity: 200	£4.72	-1.3%
	Deadweight: 30%	Deadweight: 90%	£4.64	-3%
	Attribution: 30%	Attribution: 90%	£4.62	-3.5%
Improved physical health	Quantity: 301	Quantity: 100	£4.70	-1.7%
	Deadweight: 30	Deadweight: 60	£4.68	-2.1%
	Attribution: 30%	Attribution: 60%	£4.67	-2.3%
Volunteers				
Feeling good being able to help the community	Quantity: 35	Quantity: 25	£4.15	-13.2%
	Deadweight: 30%	Deadweight: 60%	£3.47	-27.4%
	Attribution: 30%	Attribution: 0%	£4.82	+0.83%
Improved feeling of togetherness	Quantity: 35	Quantity: 50	£5.69	+16%

within the community	Deadweight: 30%	Deadweight: 50%	£4.82	+0.83%
	Attribution: 30%	Attribution: 60%	£3.88	-19.8%

From the sensitivity analysis table, the social value evaluation can be estimated to be between £3.47 and up to £5.69 for every £1 invested. The assumptions used in the value map estimate the social value is £4.78.

Conclusion and key findings

This report has demonstrated that the Porthi Pawb project, with the help from grant provided by Mantell Gwynedd has created over £86,000 of Social Value for the local community, and for each £1 invested, £4.78 of value was created:

What that means in practical terms is that people’s lives have been positively changed.

Porthi Pawb is a cookery project that distributes hot foods to frail and older people in Caernarfon and was set up as a direct result of the devastating impact Covid-19 had on the local community. A group of 35 volunteers cooking and delivering meals to 350 vulnerable people in Caernarfon. The project was able to increase its output and capacity, preparing around 550–650 meals weekly with the grant received from Mantell Gwynedd in April 2020. Since the start of the pandemic Porthi Pawb has provided over 18,000 free meals to the people of Caernarfon.

Key findings:

- £4.78 Social Return on Investment

- The grant provided by Mantell Gwynedd enabled Porthi Pawb to obtain additional grants, thus potentially creating added social value for the project
- 97% of service users felt reduced levels of anxiety
- 91% of service users reported reduced feeling of isolation and loneliness thanks to the weekly visits of the Porthi Pawb volunteers
- 86% service users reported improved physical health
- 100% of volunteers reported feeling good being able to help the community and improved feeling of togetherness in the neighbourhood / community

Recommendations

Data collection with any SROI report data collection is always critical in order to be able to fully assess changes and impact created by a group/activity. As highlighted in the 'stakeholder engagement' section only 2% of total population size were interviewed. Therefore, given the small number, the outcomes identified in this report could be improved upon. This can only be done by speaking to more people, however, given the current situation further data would be difficult to obtain for the Porthi Pawb project given the average age of the service users and current pandemic/lockdown circumstances. With an improved data sample we could measure and manage the outcomes and then identify any potential gaps in the Porthi Pawb project and ways to improve the Social Value created for every individual involved.

Appendix

Appendix 1 – Service users' questionnaire



Questionnaire – Porthi Pawb

Thank you for your time filling out this questionnaire

1. What is your name? (Optional)

2. What is your gender? (Optional)

- Male
- Female
- Prefer not to say

3. What is your age category? (Optional)

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74+

4. How did the service provided by Porthi Pawb make you feel in terms of:

I now feel less anxious / depressed:

No change / little change / some change / a lot of change

I now feel less lonely / less isolated:

No change / little change / some change / a lot of change

I feel fitter and healthier:

No change / little change / some change / a lot of change

5. On a scale of 1 – 10 (with 10 being very important to you), how much do you value:

Feeling less anxious / depressed?

Feeling less lonely / isolated?

Feeling fitter and healthier?

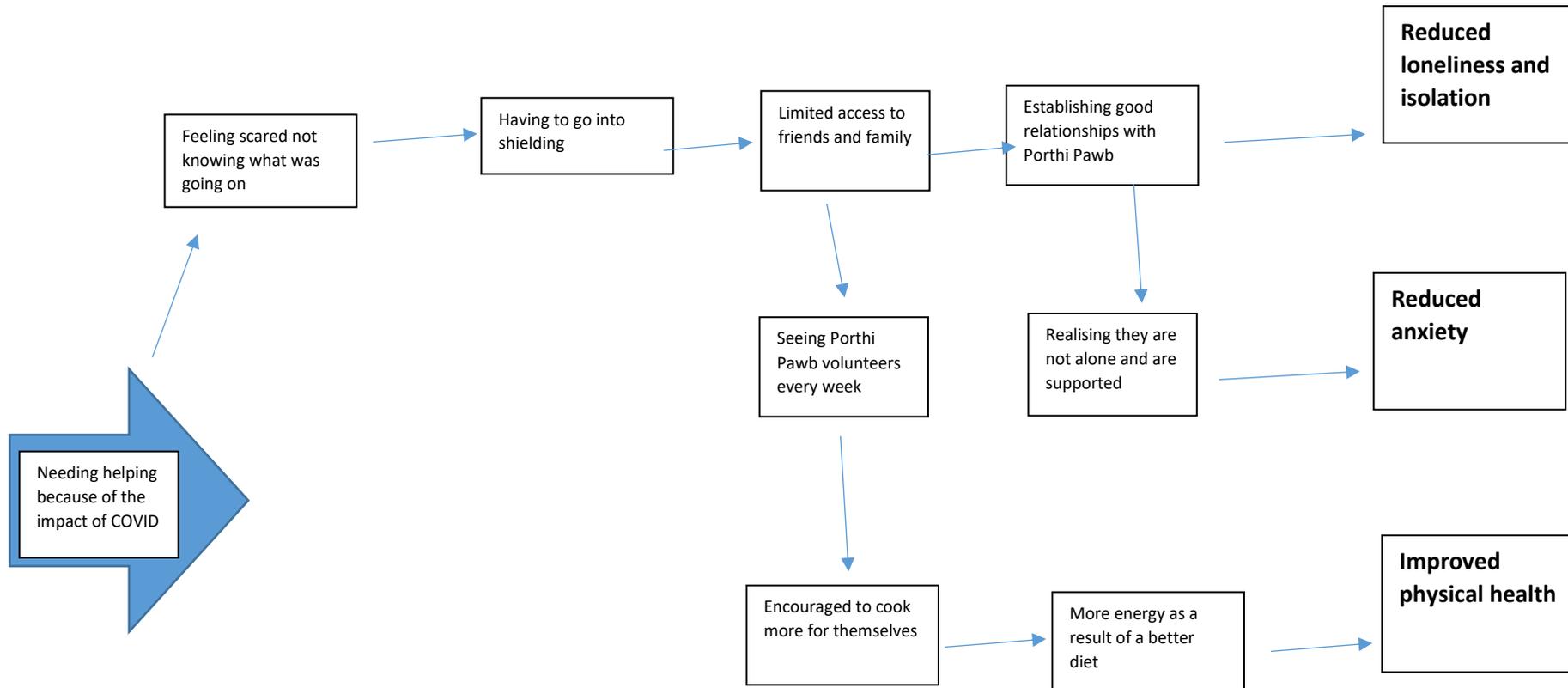
6. How much did Porthi Pawb contribute to these changes?

A lot / some amount / Not much / Nothing

Thank you for your time.



Appendix 2 – The Theory of Change - Service Users



Appendix 3 – Volunteers’ questionnaire



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Supporting voluntary and community groups

Porthi Pawb volunteers

Porthi Pawb volunteers questionnaire

All of your answers will remain confidential and anonymous. Thank you.

1. What is your name? (Optional)

2. What is your gender? (Optional)

Female
 Male
 Other
 Prefer not to say

3. Please select your age category (Optional)

18-24
 25-34
 35-44
 45-54
 55-64
 65-74
 75+

4. Thinking about what might have changed for you from your involvement with the Porthi Pawb project, please read the following statements about how much change has happened.

	No change	A little change	Some change	Quite a bit of change	A lot of change
Feeling great being able to help the community through regular volunteering	<input type="radio"/>				
Feeling of togetherness within the neighbourhood / community	<input type="radio"/>				
I feel more fit and healthy	<input type="radio"/>				

Other (Please state):

5. Choosing from the list of changes listed below on a scale of 1-10, where 10 is very important to you, can you say how important these changes are to you?

	1	2	3	4	5	6	7	8	9	10
Feeling great being able to help the community through regular volunteering	<input type="radio"/>									
Improved feelings of togetherness within the neighbourhood / community	<input type="radio"/>									
Feeling more fit and healthy	<input type="radio"/>									

6. How likely do you think it is that you could have experienced these changes without Porthi Pawb? 1 is very unlikely to happen anyway, and 10 is definitely would have happened anyway.

	1	2	3	4	5	6	7	8	9	10
1 Very unlikely to happen without Porthi Pawb 10 Definitely would have happened anyway without the Porthi Pawb	<input type="radio"/>									

Many thanks for taking part in this questionnaire.

Appendix 4 – Volunteers TOC

