



Community Star™

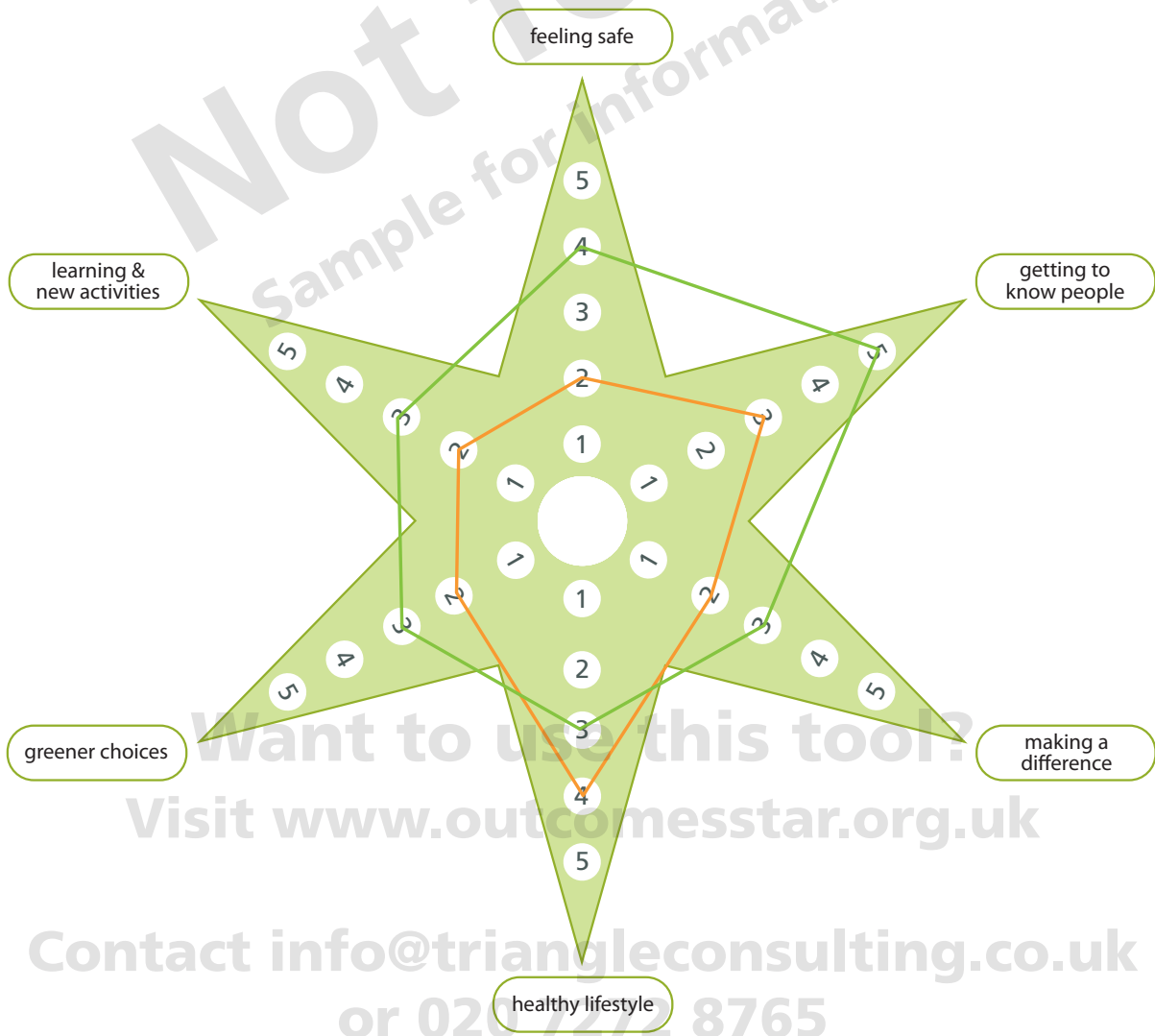
The Outcomes Star for community involvement

Community Star™ Scales

To be used with: Community Star and/or Change Tracker Quiz

There are six points on the Community Star, each corresponding to an aspect of community involvement and lifestyle. Each point on the Star has a five-point scale from which you can choose the point that best describes how you feel. These scales are described here in this document.

You can use the scales to gain a fuller understanding of the Community Star and Change Tracker Quiz and to help you decide where to place yourself. They can also help workers to introduce these tools to project participants and respond to questions.



Want to use this tool?
Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk
or 0207722 8765

A. Feeling safe

This scale is about how safe people feel living in their local area.

5

I feel safe around here

- You feel safe being out and about around here. You may avoid certain places alone or at night but you don't feel anxious
- Maybe there is not much crime or anti-social behaviour, in your view
- Feeling safe contributes to you feeling happy and at home living here

4

I mostly feel safe around here

- You mostly feel safe being out and about around here but sometimes you feel anxious about safety
- You are aware of crime or anti-social behaviour in the area

3

I feel safe in some places and/or in daylight but not in others or in the dark

- Feeling unsafe at certain places or times affects how you feel about living in this area – it's not bad but maybe you don't feel completely comfortable and at home

2

I don't feel safe but it's getting better

You feel like 1 below but...

- You are aware that things are being done to improve things
- You are hopeful that you will feel safer and more comfortable here in the future

1

I don't feel safe around here and it's not getting better

- You feel unsafe a lot of the time
- In your opinion, there is a lot of crime or anti-social behaviour, vandalism and graffiti in the area
- This affects how you feel about the area and means you are unhappy or uncomfortable living here
- If you have children, you are concerned about raising them in the area and may not let them out to play
- You may feel things have become worse since you began living here or that nothing is being done to address the lack of safety

B. Getting to know people

Feeling at home in your local area is affected by knowing and being comfortable with the other people around. This includes knowing a range of people, including those from different generations, ethnic groups or backgrounds to you.

5

I have regular contact with different types of people around here

- You know and get along with people locally, including people who are from different generations, ethnic groups and/or backgrounds to you
- If you have children, they play with other children locally
- You actively appreciate the different types of people in your local community

4

I have contact with quite a few people locally – mostly people similar to me

- You have quite a bit of contact with other people locally
- All, or nearly all, are from a similar background, ethnic group or generation to you
- You feel comfortable alongside the mix of types of people in your area

3

I am trying ways to meet people locally

- There are a few people you talk to locally
- You are meeting new people through local groups or activities
- You have occasional contact with some people and recognise quite a few faces

2

I would like to meet more people locally but I'm not sure how to go about it

- You feel like 1 below except:
- You would like to make some connections – you are just not sure where to start

1

I'm not interested in getting to know people around here

- You hardly talk to or know anyone locally
- Maybe you tend to socialise outside the area or are hardly ever around
- If you have children, they do not play with other children in the area
- Maybe you feel others are different to you, that they don't accept you and/or you don't want to get to know them

C. Making a difference to your community

This scale is about the extent to which you are active locally and feel you can influence what happens in your community. Do you get involved in local projects or campaigns? Or are you hardly ever around? Do you take part in local services or groups?

5

I am actively involved and believe I can influence what happens in my community

- You are an active member of a local group or involved in a project, possibly taking a lead role
- You take responsibility for something in your community
- You feel you can influence decisions in your community

4

I have some ongoing involvement locally

- You are actively involved, though not taking the lead
- The time you put in depends on other commitments you have

3

I do something in my area occasionally

- You may make your voice heard if there are key threats to local facilities or in relation to planning applications
- You may get involved if there is a particularly interesting project or your friends are involved
- Between these events you are not active locally

2

I would like to get more involved locally

- You are not involved with anything regularly but you may be open to suggestions if there are projects that you find interesting or important
- Maybe you would like to have a say but your life is elsewhere or you don't feel you have the time or energy to commit

1

Nothing I do would make a difference. I am not interested in getting involved

- You are not involved with anything locally and have no interest in getting involved
- You don't think it is up to you or other residents to make the area a better place – that's the job of the council and you may feel critical of what is done
- You don't know what is going on locally

D. Building a healthy lifestyle

This scale is about the extent to which you have a healthy lifestyle. It includes physical exercise, eating healthily and spending time in the fresh air or in green spaces.

5

My lifestyle is healthy and I make a point of doing things to keep it that way

- You eat reasonably healthily most of the time
- You exercise regularly
- You spend time outside most days

4

I make healthy choices most of the time

- Your diet is pretty healthy most of the time but there are some things you find hard to change
- You choose to spend time outside in the fresh air and take exercise, but not enough

3

I try to be healthy but it's hard

- You have periods when you go to local green spaces and/or take physical exercise
- Maybe you try giving up or cutting down on certain foods, alcohol or smoking
- You find it hard and your good intentions may not last very long

2

I want to take more care of my health but...

- You are aware that your lifestyle is not very healthy and know something about healthier choices
- You may not like physical exercise or healthy food or you may think a healthy lifestyle is dull or requires more discipline than you have, or you may feel you don't have time

1

I am not interested in exercise, healthy food or using local green spaces

- You are not interested in developing a healthy lifestyle
- You don't spend much time outside
- You don't eat a healthy, balanced diet (five portions of fruit or vegetables each day, avoiding too much salt, sugar and fat)
- You may eat a lot of takeaways, snacks or ready meals rather than fresh food