

Star Club Evaluation

Main Findings

January 2009

WHAT IS THE STAR CLUB?

"The Star Club is a community organised to help people living with a mental illness to rejoin the worlds of employment, education, family and friends"
(Source: Star Club Leaflet).

WHO USES THE SERVICE?

By the end of 2008 the Star Club had 64 members. 36 (56%) members were female, 28 (44%) were male. 49 (77%) members lived in the Douglas area and 51 (80%) members joined the Star Club in 2005.

DATA SOURCES

The impact of the service on the Star Club membership was assessed by using **seven** data sources:

- Interview data – in depth interviews were conducted with existing members.
- Rosenberg¹ Self Esteem Scale data – the scale was administered to each consenting member.
- General Health Questionnaire data (GHQ-12)² – GHQ data was available for each consenting member at three points: on joining the Club, at six months into membership and at twelve months into membership.
- Star Club Newsletter – available issues of the Newsletter were read with attention being paid to the authorship of each article, the members' involvement in the editorial process and article/newsletter length.
- Omnibus Survey data – data was available for those consenting members who completed Praxis Care's triennial Omnibus Survey.
- Activity and Attendance Statistics - a three month sample was utilised in order to assess the consenting members' level of attendance and participation in activities.
- Mental Health Professional Questionnaire data - Community Mental Health Professionals (CMHPs) were asked to complete a questionnaire if they had recommended a client to the Star Club in the six months prior to the study.

RESULTS - POSITIVES

The Star Club:

- has a small core of committed members who passionately identify with the club.
- provides an effective induction programme for new members although the number of new members has been low between 2006 and 2008.

- provides a programme of activities which meet the needs of those members who attend regularly.
- has made efforts to reach out to potential members beyond its established membership base although without significant success.
- promotes recovery by encouraging those members who regularly attend to access services and re-build relationships which may be outside of the Star Club sphere.
- improves transferable skills which are relevant to the world of work for those members who attend regularly and wish to re-enter the labour market.
- has improved the life skills of those members who attend regularly by bolstering members' self confidence and self-esteem to the point where they can rejoin the wider world.
- has helped those members who attend regularly to overcome social isolation by providing a safe environment in which new relationships have been established.
- provides a space in which those members who attend regularly can develop in unexpected but positive ways.

RECOMMENDATIONS

The Star Club needs to:

- regularly review the appropriateness of its activities in order to widen its membership base.
- establish a system whereby irregular attenders are contacted after a period of absence in order to determine whether the service still meets their needs.
- review the self-referral process which may be a disincentive to potential members.
- explore the viability of liaising with other agencies to offer benefit, health and employment advice.
- use IT systems to regularly update its membership records and to monitor and evaluate the Club's activities.
- provide staff/members with Excel training.

IN SUMMARY ...

The Star Club offers considerable benefits for those members who regularly attend but the current cohort of active members is small and participation in activities is extremely variable.

The Club's staff and active members are currently:

- re-establishing contact with those members who are irregular attenders.
- re-evaluating their existing programme of activities in order to attract new members to the service.

¹ Rosenberg, M (1965) Society & the Adolescent Self Image. Princeton NJ. A measure of self esteem.

² Goldberg, D., Williams, P. (1988) A Users Guide to the GHQ. Institute of Psychiatry. A self-report measure of psychological morbidity.

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