



# Connecting Cedar

## INFORMATION EXCHANGE EVENT—14TH DECEMBER EDINBURGH.

December's Connecting Cedar event, held at the Quaker Meeting House in Glasgow, marked the end of the first six months for many of the new Cedar projects. And what better way to celebrate how far we've come by gathering for a mince pie or two!

The theme for this event was 'Monitoring and Evaluation' - but with a bit of a difference. Cathy Sharp facilitated a day that was fun and informative and provided some fantastic tools for evaluation by bringing the Cedar framework to life.

The event was designed to encourage us all to think about how we make space for reflection and imbed evaluation into our everyday practise.

Right from the start, with a very effective visual timeline of involvement and experience, we were encouraged to reflect on our involvement with Cedar, what we bring and what we can bring to the evaluation process.

We looked at the importance of debriefing and the role individual facilitators have in evidencing the achievement of project outcomes. We looked at the role of the Local Advisory Group and how we can use different tools to ensure partnership at a strategic level remains vibrant, curious and responsive. And if that wasn't enough we also looked at the outcomes of the National Cedar project and how its role supports local projects.

### Key themes from the event:

- What's working well so far?
- How can Cedar be better?
- Sharing Stories of Change?
- Resource to help you get the most from your data
- Starting well; what support do you need?
- Money matters; accounting for ourselves.



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### Your questions -

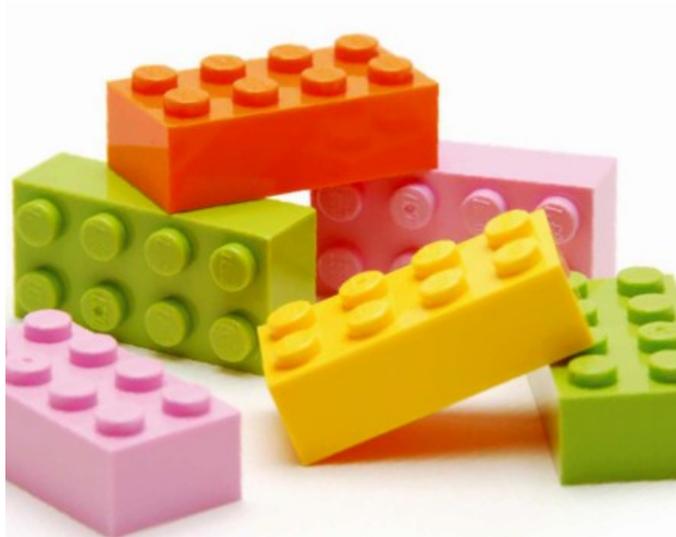
Are you interested in developing a tool to measure cost & benefits?

How do we evidence that Cedar meets the Single Outcome Agreement?

When will you publish the Cedar service standards?

Where can I get a copy of the Cycle of Enquiry and other M&E resources?

Answered on page 4.



*“Taking time to reflect and respond to the Cycle of Inquiry questions proved a valuable experience as it enabled us to navigate topics for discussion that might have otherwise been skimmed over”*

## BRINGING THE CEDAR FRAMEWORK TO LIFE

We persuaded Maggie, Sasha and Suzanne to walk us through the ‘post group review’ that’s part of the Cedar Framework. This is essentially a collective debrief using questions - with the questions from the framework designed to help you be a bit more systematic than usual. On the day we did this as a ‘fishbowl’ exercise—with the three ‘volunteers’ in the middle of the circle and those in the outer circles eavesdropping.

The exercise highlighted the importance of including feedback from group participants as well as the need to have honest discussion about how things went, including how facilitators worked together to create a good group process and encourage learning. Copies of the prompt questions for the Post-group review are available in the Framework p.65

### Important tools for you to use

Evaluation doesn’t have to be arduous, there are many creative and effective tools that you can use to record data for reflection and planning, including:

**Making the most of referral data**— Basic standards and charts & Analysis: good questions to ask

**Reflective practice: reviewing the group experience**— Post group review tool, Getting the views of group participants, Cedar talk-back form for mothers, What to ask children and young people, Cedar talkback form for young people, Reconnector sessions & Feedback from multiagency partners.

**Additional tools** have also been developed including—Session Debrief and Children and mothers session review tool. Please contact the National Cedar Project for more information.

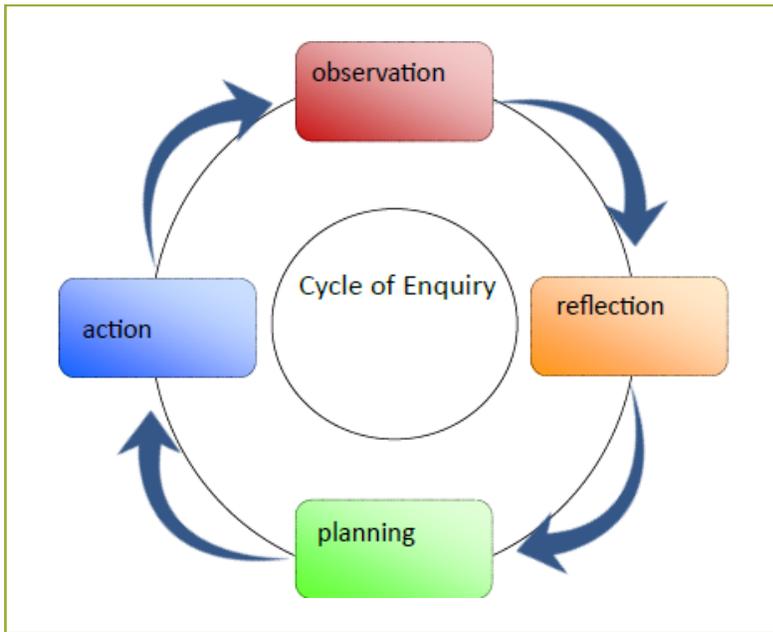
### COSTS AND SUSTAINABILITY

We also talked about the idea of establishing a way of recording and comparing the costs of running Cedar in ways that will allow a cost-benefit analysis to be done. This will hopefully be a key resource in making the case for funding in the future.

The pilot evaluation adapted a model for evaluation developed by C4EO and we think a similar approach will work.

Again let us know if this is of interest and we can share this model and help you use it appropriately.





## WORKING EFFECTIVELY WITH YOUR LAG

Review, sharing and continuous improvement all sound good but how do you make them happen? Much of this is about how you set up and work with your Local Advisory Group. After lunch, our critical friend and pilot evaluator Cathy Sharp, *Research for Real*, walked us through a four stage inquiry cycle process. We think this process will help you to make the discussion you have at LAGs more insightful and systematic.

This uses stages of Observation, Reflection, Planning and Action and is a great way to make sure that you can embed reflective practice into your approach to strategic planning and delivery of Cedar. For those who like to know these things, it's based on solid research and experience, principally the living systems research of Yoland Wadsworth, an Australian researcher with an international reputation.

At the event Cathy stressed the importance of making sure that in using these questions you make sure that you reach fully round the cycle—that is, don't be tempted to skip or rush a stage. It was helpful to know that each of us has their own preference here, we might be the type of person who prefers to be getting on with the action, not analysing what's gone on too much, but everyone is different and in a group situation like a LAG, that's a real strength.

This observation caused some wry amusement on the day—people seemed to acknowledge the value of the approach, as well as where they thought they preferred to be in the cycle. We had a quick run through in small groups and the feedback was largely positive. Some were excited and keen to try it out. A few were less sure that it would be received well. But the general view was that it was worth a go!

For us, the whole discussion reaffirmed the importance of the LAG as a way of making sure that Cedar is truly able to use the learning about recovery from domestic abuse to inform wider strategies and practices. It's early days for many and we'd be happy to visit and provide some support to get you off on the right foot. Let us know what you need.

Ps. We've now tried in the National Partnership—and found it a great tool to explore key issues.

## NEXT STEPS

Here's a quick update on what you can expect over the next couple of months:

**Cedar Network Website & Database:** The members section of this website is currently being developed, in the meantime resources are available from the Cedar team.

**Cedar Service Standards:** These are also being finalised and will be launched at the Connecting event in March. Details below.

**Cedar Catch-up:** Kirstie and Sasha will be contacting all local projects to arrange a time to catch up and look at progress. This information will be stored centrally as part of the evaluation of the Cedar network.

### Dates for the diary:

**14th & 15th March:** 2 day facilitator training in Perth

**10th & 11th April:** 2 day facilitator training in Glasgow

**22nd March:** Connecting Cedar—Service Standard launch in Perth

### Dates available soon for

Dynamics of Domestic Abuse and Cedar Assessment and Trauma

**Cedar Resources: Children & Mothers Manuals:** we are delighted to announce they are now available!

## YOUR QUESTIONS ANSWERED

### Are you interested in developing a tool to measure cost & benefits?

We are really interested in looking at supporting local projects to record and compare cost and benefit information. We have currently adapted a tool by C4EO and if you are interested in exploring this further, please contact the team for more information.

### How do we evidence that Cedar meets the Single Outcome Agreement?

A copy of the Cedar Impact Map is available in the Cedar Evaluation (p.49) and has been circulated with this publication. This map shows how the Cedar programme contributes to the national outcomes, with local SOA embedded in there too. Additional support to demonstrate how Cedar meets specific SOA's can be sought from the National Cedar team.

### When will you publish the Cedar service standards?

Cedar Service Standards are due to be launched at the next Connecting Cedar event to be held on 22nd March 2013—at the Subud Centre in Perth. This will provide an opportunity for you look at and input into the draft standards.

### Where can I get a copy of the Cycle of Enquiry and other M&E resources?

A copy of the Cycle of Enquiry was circulated with this publication—if you have not received one, please contact [sasha.mcdougall@scottishwomensaid.org.uk](mailto:sasha.mcdougall@scottishwomensaid.org.uk). Other Monitoring and Evaluation resources plus support is available from Kirstie at the National Cedar team.

**YOUR FEEDBACK—** FEEDBACK FROM THE EVENT LET US KNOW THAT YOU WOULD LIKE SPACE TO LOOK AT THE CEDAR ETHOS—THE VALUES UNDERPINNING THE APPROACH AND WHAT THIS MEANS IN REALITY. YOU ALSO LET US KNOW THAT THERE WAS A GOOD BALANCE BETWEEN DISCUSSION AND EXAMPLES OF TOOLS, BUT MORE WORK WAS NEEDED TO ENSURE TOOLS WERE AVAILABLE AND THEIR USE SUPPORTED.

## CONTACT US

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## SAVE THE DAY

The next Information Exchange days will be on the

- 22nd March 2013 –Subud Cente, Perth
  - 21st June 2013
  - 20th September 2013

		
<input checked="" type="checkbox"/> Very Much	<input type="checkbox"/> Quite a Lot	<input type="checkbox"/> A Little
Comments.....		
very useful session on many levels		