The Light Wheel
essentials pack

Part 1:
Prepare



tearfund

Part 1: Prepare to use the Light Wheel

If you're ready to start your Light Wheel journey, you are in the right place! In this part, we will introduce you to the nine aspects of wellbeing, as well as the different Light Wheel tools and how they can be used. This part will help you decide how you want to use the Light Wheel in your life or work.

So let's get started!



A group of Light Wheel facilitators in Guatemala. Photo: Eduardo Say/Tearfund

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If the Light Wheel is completely new to you, we recommend that you work through this part in detail. If you are more familiar with the Light Wheel, you may want to use this part for reference only, or for training others. All other parts of the Light Wheel essentials pack can be found at: **learn.tearfund.org/LW-essentials**

1.1 The nine aspects of wellbeing

The nine aspects of wellbeing (also known as spokes) give us a framework for thinking about life from a holistic perspective.

As you prepare to use the Light Wheel, it is important to have a good understanding of each of the nine spokes and to think about how they relate to your context. You can find more detailed descriptions of each aspect in **Descriptions of the nine aspects** (Resource 3.1.3).



Living faith

Our faith in God and the way our daily lives are shaped by it. This spoke explores our commitment to practising faith regularly and the ways we rely on it in times of difficulty. It also looks at whether we engage in acts of service that are prompted by faith, and whether we collaborate with people from other faith groups.



Social connections

The extent to which we connect with and support each other as a community. This spoke considers the benefits of being part of community groups and shared projects, and looks at how inclusive we are of people who are different from us. It also looks at how safe and secure we feel in our communities.



Personal relationships

The love, security and respect we find in marriages, families and close friendships. This spoke considers whether we trust and are trusted by the people whom we are close to. It considers the benefits that healthy personal relationships bring to our wellbeing, and how we make decisions and resolve disagreements with the people we live with.



Participation and influence

Using our voice to influence decision-makers and make our communities a better place. This spoke looks at whether we feel able to share our views in public spheres and whether we believe that we can create or influence positive change. It also considers whether we know what practical steps to take to engage with decision-makers.



Emotional and mental wellbeing

How we feel about ourselves and the opportunities we see in our future. This spoke considers whether our daily lives include activities that excite and interest us, and whether our future gives us hope. It also explores the ways we cope with responsibilities and difficult situations, and how well supported we are emotionally.

Physical health

Looking after our bodies and having access to good-quality health services. This spoke looks at how healthy the people in our community are. It also considers whether we can access or know about ways to stay healthy, such as drinking safe water, practising good hygiene and having a varied diet.

Material assets and resources

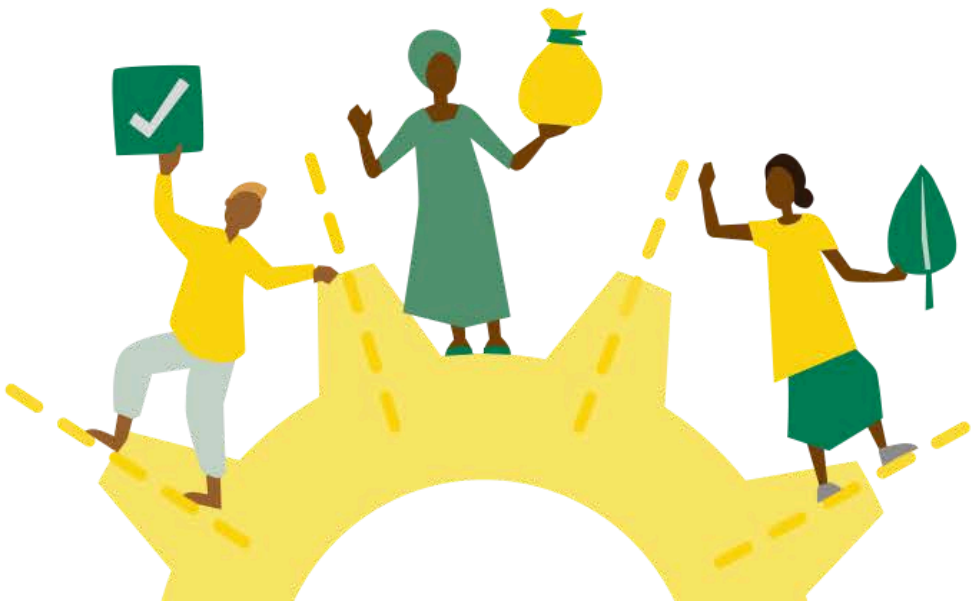
Using our creativity to make the most of our resources, make new resources, and share our resources with others. This spoke considers the resources we own and the ways we earn a living and save money. It looks at the ability this gives us to pay for essential household needs and even share our resources with others. It also explores how resilient our assets are and whether we can access formal and informal financial services.

Capabilities

Developing and using our gifts and skills to make a living, serve others and bring about positive change in our lives. This spoke considers whether we have the ambition and vision to know what we hope to achieve in our lives. In turn, it explores whether we have or can develop the skills required to achieve our vision and even share our skills with others.

Care of the environment

Looking after and enjoying the natural world, easing the risks and protecting resources for future generations. This spoke is about our relationship with creation. It looks at whether we understand the risks posed by climate change, environment-related disasters and pollution, and take action to reduce them. It considers whether we have access to nature – not only for the resources we need, but also for our enjoyment – and whether the same will be true for future generations.



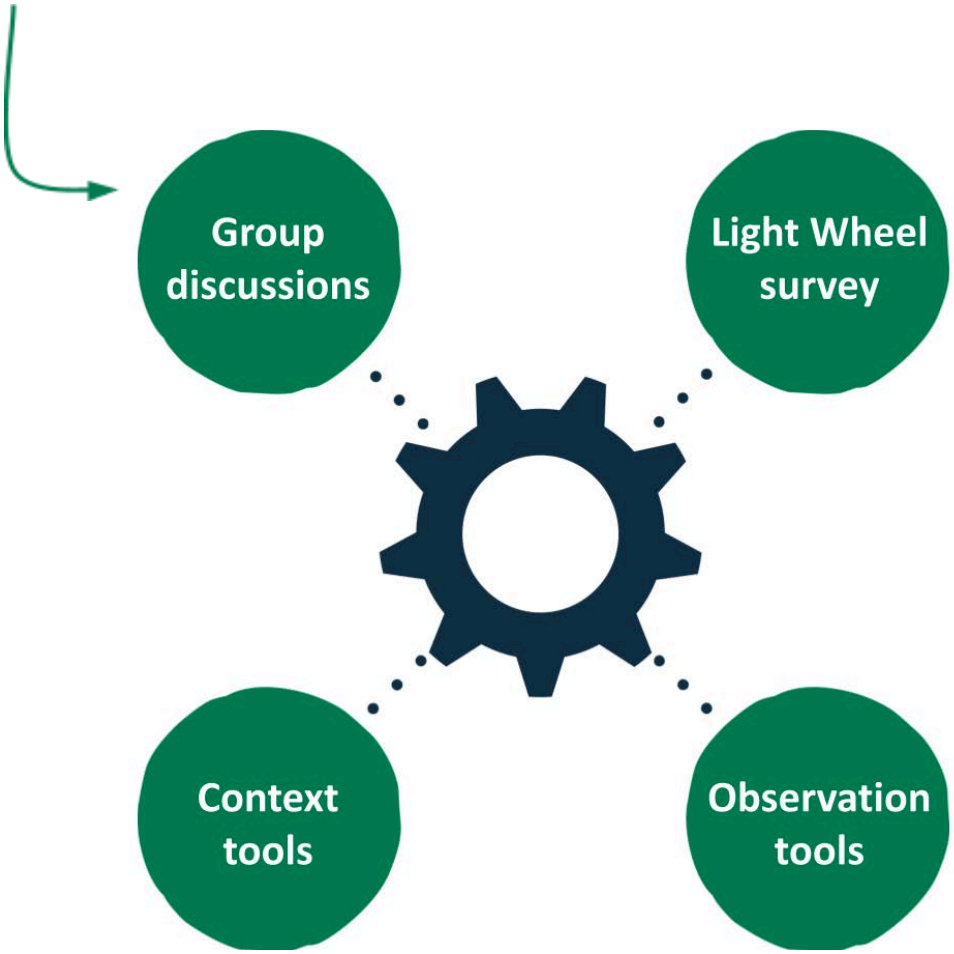
1.2 The Light Wheel tools and how to use them

We're now going to introduce you to the Light Wheel tools and the different ways that you can use them.

The Light Wheel tools are based on the nine aspects of wellbeing. They help us gather data to build up a picture of different aspects of an individual's or a community's life: what's going well and where there are challenges.

When we use the tools for the first time, they give us a snapshot of the situation at a point in time. This helps us identify where we need to focus our attention as we take steps towards holistic transformation. When we use the tools on a regular basis, we can start to track holistic change over time and see whether our actions are having a positive impact.

The Light Wheel tools



An overview of the Light Wheel tools

Light Wheel group discussions

The group discussions are a chance for people to discuss and debate their experiences and perspectives collectively. The facilitator asks questions about their current situation and future dreams, across all nine aspects of wellbeing. A key part of this tool is asking the group to score how they feel they are doing in each of the nine aspects of wellbeing, using a five-point scale that we call the **maturity model.**

The Light Wheel survey

The Light Wheel survey focuses on people's personal perspectives. It involves asking a sample of individuals a set of questions about each of the nine aspects of wellbeing. When all the surveys are analysed, you will be able to see how many people responded in the same way and explore variations between people's experiences.

Observation tools

The observation tools use the power of observation to provide an extra layer of information about the situation. The three observation tools are a reflection exercise, a transect walk, and a community map. The Light Wheel essentials pack includes the transect walk. The rest of the observation tools can be found in the Light Wheel toolkit, available at:
learn.tearfund.org/lightwheel-toolkit

Context tools

The context tools reveal external dynamics that are influencing the situation. Setting the nine aspects of wellbeing in their wider context helps us to understand why things are the way they are. The context tools are a history map, a force field analysis, a stakeholder analysis and secondary data analysis. The Light Wheel essentials pack includes the force field analysis. The rest of the context tools can be found in the Light Wheel toolkit, available at:
learn.tearfund.org/lightwheel-toolkit



Find what you need

Coming up in **Section 1.2** you will find examples of how you can apply the Light Wheel tools in different ways at each stage of a project or process. In **Part 2: Facilitate** you will find step-by-step guides explaining how to facilitate each of the tools, and in **Part 3: Resources** there are templates and resources for facilitating the tools.

Qualitative and quantitative data

Most of the Light Wheel tools produce what we call **qualitative** data that reflects people's opinions and feelings. Your notes from the group discussion would be an example of this. Qualitative data can help you build an in-depth picture of the situation and understand the reasons why people feel, think or do certain things.

Some of the Light Wheel tools also provide us with **quantitative** data, which is data that can be counted, eg percentages and numbers. For example, many questions in the Light Wheel survey ask the respondent to choose from a set list of answers. This gives us quantitative data because we count the percentage or number of people who choose each answer.

When we combine both qualitative and quantitative data, we can interpret the 'why?' behind the numbers.

The table below shows how the different tools provide different types of data. This will be useful when you come to select which Light Wheel tools you want to use.

Tool	Qualitative data	Quantitative data
Group discussions		
Discussion notes	✓	
Maturity model scores		✓
Light Wheel survey		
Closed questions		✓
Open questions	✓	
Observation tools		
Reflection exercise	✓	
Transect walk	✓	✓
Community map	✓	
Context tools		
History map	✓	
Force field analysis	✓	
Stakeholder analysis	✓	
Secondary data	✓	✓

Deciding how to use the Light Wheel

We use the term 'applications' to describe the different ways that the Light Wheel can be used. We have suggested seven applications, but you may come up with more of your own!

One of the strengths of the Light Wheel is its flexibility. As you read the instructions for each of the applications, you will see that you can choose how light-touch or in-depth you want your methodology to be. For example, you could use just one of the Light Wheel tools, or several tools together. This section will show you how you can apply the tools in different ways to suit your purpose and the time and resources available.

The Light Wheel can be used once, to assess a community's situation at a point in time, but where possible we recommend that it is used regularly, at different points throughout a process or project cycle (see diagram, below), to track and measure change over time.[1] For example, it could be used for a baseline at the start of a project and then again for an evaluation at its close.



[1] For more information about the different stages of the project cycle, please see Tearfund's Roots 5 guide, *Project cycle management*, available at: **learn.tearfund.org/LW-essentials**. This resource has information about other methods and tools you can use alongside the Light Wheel at each stage of the project cycle.

Application 1: A holistic lens

Purpose

Developing a holistic mindset and having conversations that help us think holistically about our wellbeing

Tools & resources

- **Descriptions of the nine aspects** (Resource 3.1.3)
- **Light Wheel diagrams** (Resource 3.1.5)
- **Light Wheel Bible studies** (Resource 3.1.7)
- **Light Wheel story-gathering template** (Resource 3.1.9), available at: **learn.tearfund.org/LW3-1**

Overview

This first application is about having conversations that encourage us to think more holistically about our lives and our wellbeing. This can help us to see our lives differently, and can inspire people to believe change is possible.

In this approach, we don't measure anything or collect data in a formal way. The goal is to become really familiar with the nine aspects of wellbeing so they become a mindset to see things in a more holistic way. This helps us be more aware of the interconnectedness of all areas of our lives. This is the foundation for all other Light Wheel applications. When people become familiar with the nine aspects of wellbeing, they feel more comfortable about measuring change using the Light Wheel tools in the future.

> **'[Since using the Light Wheel] I have an expanded view of reality. I am noticing things that I didn't see before.'**
>
> **José Eduardo,** church facilitator, Bolivia

What might this look like?

We can use the Light Wheel as a lens whenever we want to think more holistically about wellbeing, or encourage other people to do the same. For example, you might use:

- the **Descriptions of the nine aspects** when you are encouraging church or community groups to take a holistic approach to their work or ministry
- the **Light wheel diagrams** as a visual cue for personal reflection or coaching conversations about where people are seeing change, what their dreams are and how they can achieve them
- the **Light Wheel Bible studies** to think about what the Bible says about each aspect of wellbeing, or you might use the nine aspects of wellbeing to bring a more holistic perspective to Bible passages you are exploring
- the **Light Wheel story-gathering template** to document all the different aspects of people's lives when they tell you their stories, so you can see the full picture.

Case study

Integrating a holistic lens into CCT

Tearfund's CCT work in West Africa is a great example of how using the Light Wheel as a lens has led to more holistic ways of thinking and working. Firstly, the nine aspects of wellbeing are used in conversations with church leaders to inspire them about how the church can serve their community, beyond meeting just their spiritual needs. Secondly, CCT facilitators are introduced to the Light Wheel during their training to teach them about all the areas of life that CCT should be aiming to transform.



Light Wheel training in Nigeria. Photo: Nanmet Anthony/Tearfund

Once the CCT process begins, facilitators use the Light Wheel in as many activities as possible, to help participants think holistically at every stage. For example, it helps them see familiar Bible passages in new ways and to think more holistically about their vision for different areas of church and community life. As the participants begin to assess the needs in their community, they base their discussions and analysis around all nine aspects of wellbeing. This helps them design more holistic projects. Thinking in a more holistic way from the outset helps them to achieve more holistic outcomes, which is the overall goal of CCT.[2]

They also use a range of Light Wheel tools (eg **group discussions** with the maturity model) to reflect on how they are achieving change in different aspects of wellbeing over time. This helps to create a regular rhythm of reflection and measuring change throughout the CCT process.

> **'If you have a Light Wheel mindset, you implement CCT in a holistic way, and you get a more holistic result!'**
>
> **Isaac Danung,** CCT Officer, Tearfund, Nigeria'

[2] For more information on how the West Africa team have integrated the Light Wheel into their CCT work, please see their 'Guidelines for facilitators' resource, available at: **learn.tearfund.org/LW-essentials**

Application 2: Needs assessment

Purpose

Bringing people together to reflect on their current situation and priorities for the future

Tools & resources

- Group discussion tool (**Part 2, Section 2.2**)
- Observation tools (**Part 2, Section 2.4**)
- Context tools (**Part 2, Section 2.5**)

Overview

We can use the Light Wheel to help people explore different areas of their lives, to see what is going well and to prioritise what challenges to address and how. As people come together to listen to each other's experiences, the Light Wheel can be used to ensure that the needs assessment covers all different areas of their lives. This helps participants become more self-aware, dream about the changes they want to see, and feel motivated to achieve these changes themselves.

What might this look like?

1. **Firstly, decide your purpose** for your needs assessment and agree on any specific questions you want to answer. For example, you might be planning a project and want to understand the situation and priorities in the community. Or perhaps you are interested in hearing the perspectives of a certain group of people.

2. **Choose your Light Wheel tools** according to your purpose and the time and resources available. For example:
   - Use the **group discussion** to encourage people to reflect on their current situations and their dreams in relation to the nine aspects of wellbeing. Finish with scoring the maturity model.
   - Use one or more of the **observation tools** to provide different perspectives and help confirm or challenge your findings from the group discussion.
   - Use one or more of the **context tools** to understand the external factors influencing the situation. This will help you see the role you can play in bringing positive change.

3. **Create a data collection plan** where you decide on the communities and individuals you will include in your needs assessment. Outline the roles and responsibilities of your team and the resources you'll need for the tools you are using (see **Part 2: Facilitate**).

4. **Collect your data**, following the guidance in **Part 2: Facilitate** for the tools you plan to use.

5. **Analyse your data** using the instructions in the Light Wheel toolkit (**Part 4: Analyse,** available at: **learn.tearfund.org/LW4**). Reflect on how your findings answer the questions you started with and highlight particular strengths and opportunities, as well as challenges to address.

6. **Share your findings** with different stakeholders using the guidance in the Light Wheel toolkit (**Part 5: Communicate,** available at: **learn.tearfund.org/LW5**) so people can start to plan for how to bring about change and meet the needs that have been identified.

Case study

Discovering community priorities in Guatemala

In Guatemala, AMI San Lucas used the Light Wheel once the first phase of their community programme was completed, to help the community reflect on its current situation and goals for the future. This also provided AMI San Lucas with data to inform the design of the next phase of their work.

They divided participants into groups of men, women and young people. Each group met weekly to discuss a different aspect of wellbeing, using creative and participatory methods to explore strengths and challenges in each area.

Participants said that the discussions helped them to see their needs and to have a vision for the future. Young people in particular said they appreciated the opportunity to voice their opinions. As a result of the assessment, AMI San Lucas pinpointed three main priorities as their future focus: **Physical health, Capabilities,** and **Participation and influence**.

> **'The Light Wheel is like a mirror that helps us reflect on our lives from many angles. It gives us space to talk about our challenges and to get excited for what we can achieve.'**
>
> **Norman Molina,** Global Programme Effectiveness Lead, Tearfund, Honduras



A Light Wheel workshop in Guatemala.
Photo: Eduardo Say/Tearfund

Application 3: Designing a holistic response

Purpose

Using the Light Wheel to design a holistic response or make an existing response more holistic

Tools & resources

- Your findings from 'Application 2: Needs assessment'
- Context tools (**Part 2, Section 2.5**)

Overview

In this application, we are using the term 'response' to describe any way we might address an identified need or challenge, at a community, regional or national level. For example, this might be a community-based project or church-led process or a higher-level strategy. We can use the Light Wheel when we are designing a new response, to ensure we are meeting people's needs in a holistic way. Alternatively, we can use it to assess the outcomes of an existing response, to see how we can make its impact more holistic.

What might this look like?

1. **Design a new response using the Light Wheel**
   The information we gather using the Light Wheel tools (eg 'Application 2: Needs assessment') helps us to understand people's needs and priorities. We can use this information to help us design a meaningful response that aims to meet these priorities.

   In addition, the **context tools** help us understand what is happening in the wider environment, and what other factors and actors are driving positive or negative change. This is essential information because it enables us to consider how our response fits into the bigger picture, and how to collaborate with others to bring about change.

   For example, when the Tearfund team in Nigeria created their new country strategy, they decided to use the Light Wheel as a framework. It helped them map how each area of work in their strategy (eg WASH, CCT, peacebuilding) would contribute to one or more aspects of wellbeing.

2. **Make an existing response more holistic using the Light Wheel**
   We can also use the Light Wheel as a lens to monitor and evaluate whether or not an existing response is having a holistic impact and then consider how to bring about change in areas identified as needing more focus. For example, you could start additional activities as part of your response, or collaborate with other stakeholders with different specialisms (see case study, on the next page).

Case study

Making CCT work more holistic in Tanzania

Tearfund's team in Tanzania used the Light Wheel to evaluate their CCT work and to understand whether or not all nine aspects of wellbeing were being positively impacted.

They found a positive impact in **Material assets and resources**, as people were saving money through self-help groups. However, a consistent finding was that the environment had degraded since the process began. Participants had become so passionate about improving their **Material assets and resources** that they were chopping trees to make charcoal to sell, without considering how to replace the natural resources they were using.

The Light Wheel made Tearfund's team in Tanzania aware of this issue and as a result they added a new environmental and economic sustainability focus to their country strategy and delivered sustainable livelihoods training for all CCT groups.

> **'Using the Light Wheel can highlight unintended consequences of our work, good and bad, and these findings can be used to make an existing response more holistic in its outcomes.'**
>
> **Shannon Thomson,** consultant and Light Wheel practitioner, Tanzania



Aksa and her husband, Elia, outside their home in Tanzania.
Photo: Tom Price – Ecce Opus/Tearfund

Application 4: Baseline

Purpose

Capturing data to show what people's lives are like at the start of a response so we can measure if change has occurred at a later stage

Tools & resources

- Context tools (**Part 2, Section 2.5**)
- Group discussion tool (**Part 2, Section 2.2**)
- Light Wheel survey tool (**Part 2, Section 2.3**)
- Observation tools (**Part 2, Section 2.4**)

Overview

Establishing a baseline means presenting a picture of what the situation is like at the beginning of our project or process. We can use the Light Wheel to capture data on each of the nine aspects of wellbeing. This information can be used as a point of comparison when we come to monitor or evaluate the situation later on (eg in a midline or endline evaluation), to see what change has taken place and why.

What might this look like?

1. **Firstly, identify key questions** that you want your baseline to answer. For example, you might want to capture information from a range of people in the community or perhaps you want to collect data to understand the experiences of a specific group of people.

2. **Choose your Light Wheel tools**, based on the type of data you want to collect, the questions you want to answer, how rigorous your data needs to be, and the time and resources available.

    - We recommend starting with some of the **context tools**. These will help you understand more about the setting you are in and think about which factors are having a strong influence.
    - Then you can select one or more of the other Light Wheel tools. For example, if you are interested in gathering numerical data, you might use the **Light Wheel survey.** Or to understand people's feelings and experiences in depth, you might use the **group discussion** and score the maturity model.
    - To make sure your findings are validated and rigorous, you could also include some of the **observation tools.**

3. **Create a data collection plan** where you decide on the communities and individuals you will include in your baseline, outline the roles and responsibilities of your team, and gather the resources you'll need. See **Part 2: Facilitate** for instructions for all the tools you plan to use.

    Keep a record of your baseline methodology so that you can repeat the same steps when you conduct an evaluation later on.

4. **Collect your data**, following the guidance in **Part 2: Facilitate**, for the tools you plan to use in your baseline methodology.

5. **Analyse your data** using the instructions in the Light Wheel toolkit (**Part 4: Analyse,** available at: **learn.tearfund.org/LW4**) and see what it tells you about the situation in each of the nine aspects of wellbeing. These findings will form your baseline report.

6. **Share your findings** with different stakeholders using the guidance in the Light Wheel toolkit **(Part 5: Communicate,** available at **learn.tearfund.org/LW5**) and discuss what the data tells you about the situation at the start of your response and how this might inform your approach/activities.

Case study

Bangladesh baseline study

In Bangladesh, Tearfund wanted to establish a baseline for 83 churches doing CCT, across 18 districts. So they used the **Light Wheel survey** and then scored the maturity model using the **group discussion** process. The purpose was to understand the churches' starting points, in relation to the nine aspects of their wellbeing, and to measure future changes against this.

Church leaders took part in the data collection, which helped them to understand more about the lives of their congregation. To have confidence in their findings, the enumerators compared their findings with their own observations and reflections during the community visits. The results are being used to help CCT groups mobilise local resources, and in advocacy and action planning. The same process will be repeated in a few years' time to see if any change has taken place.



Participants of a Light Wheel discussion in Bangladesh scoring the maturity model.
Photo: Amit Rudro/Tearfund

Application 5: Monitoring

Purpose

Using the Light Wheel to reflect regularly on how we are doing in all nine aspects of wellbeing

Tools & resources

- **Descriptions of the nine aspects** (Resource 3.1.3)
- **Light Wheel diagrams** (Resource 3.1.5)
- **Light Wheel Bible studies** (Resource 3.1.7)
- Group discussion tool (**Part 2, Section 2.2**)

Overview

Monitoring is about checking in regularly during a project or process to see if things are moving in the right direction. It helps us to learn what is working and make changes if anything needs to be improved. Using the nine aspects of wellbeing in our monitoring activities can help us ensure our response is having a holistic impact. Using the Light Wheel for monitoring is particularly effective if you have used it with participants already, eg to conduct a baseline. When participants are familiar with the Light Wheel, it feels more natural for them to use it for regular reflection.

What might this look like?

1. **Firstly, consider how often you want to create touch points** for learning and reflection during your project or process. Then think about how much depth you want to go into each time. You could have regular, quick discussions about any change you're seeing in the nine aspects of wellbeing, or where you would like to see more change and how. For example, a Tearfund partner in India discussed a couple of aspects every few months, covering all of them over the course of a year.

2. **Create a monitoring plan** to document the communities and individuals you will speak to, and when. Project participants, facilitators and project staff will all have different perspectives on change and what can be improved, so try to include a range of voices in your monitoring activities. Think about how different audiences might want to engage in different ways, eg through verbal or written feedback, or visuals of the Light Wheel.

3. **Think how you will capture and use the information shared** to help you improve your response and learn for the future. You might find that you need to make some changes in order to have a more holistic impact. Comparing monitoring data with your baseline can give you real insight into signs of change and provide important information to include in your endline evaluation.

Case study

Light Wheel monitoring for CCT

Tearfund's CCT team in West Africa developed a monitoring and reflection template (see example, below) that facilitators use to reflect regularly on changes taking place during each stage of the CCT process. It is designed to be used on a monthly basis when CCT facilitators meet with the people who are training them.

The template covers the core activities for the month and what participants have learnt. It has space to reflect on changes that have been seen and asks people to reflect on change using the nine aspects of the Light Wheel.

The information generated can be summarised across churches or regions, to see broader trends or challenges. It can also help highlight aspects of wellbeing that might need more focus to ensure CCT is achieving its goal of whole-life transformation.

> **'The motivation for using the Light Wheel was to help facilitators and trainers have more in-depth and holistic conversations about the areas of progress and challenge.'**
>
> **Esther McMillan,** CCT Coordinator, Tearfund, UK

CCT monitoring template

Date	Activities completed this month	What did the group learn through this activity?	What change in behaviours or attitudes have you seen as a result of your activities? (Reflect using the Light Wheel diagram)
1st September	*Church members have developed a vision for their church and community*	*They learnt how the nine aspects of wellbeing can be used to develop a fully holistic vision*	***Participation and influence** was impacted, because different types of people were included in setting the vision*



Two colleagues in Burkina Faso. Photo: Jonas Yameogo/Tearfund

Application 6: Evaluation

Purpose

Assessing if and how change has taken place over time, and what our contribution has been

Tools & resources

- Context tools (**Part 2, Section 2.5**)
- Group discussion tool (**Part 2, Section 2.2**)
- Light Wheel survey tool (**Part 2, Section 2.3**)
- Observation tools (**Part 2, Section 2.4**)

Overview

Evaluations give us valuable insight into whether our project or process has had the impact we intended. They are usually conducted at the end to help us assess what has changed since we started work and why, but they can also be conducted at a midpoint (which we call a midline evaluation) to see if things are progressing in the right direction. Establishing a baseline at the start (see 'Application 4: Baseline') is therefore very important to have a point of comparison.

Using the Light Wheel in an evaluation enables us to see impacts across all dimensions of people's lives, not just in the areas we might expect. If we see positive change in all nine aspects of wellbeing, we can confidently assume that whole-life transformation is taking place.

What might this look like?

1. **Firstly, identify key questions** that you want your evaluation to answer. You will probably want to find out what has changed, and why, in each of the nine aspects of wellbeing, but there may be other, more specific questions you want to explore too.

2. **Revisit your baseline methodology** and repeat the same approach (eg using the same Light Wheel tools, questions and sampling methods). This will ensure that the data you collect can be directly compared with your baseline data.

3. **Or, if you have not done a baseline, choose your Light Wheel tools** based on the type of data you want to collect, how rigorous you want to be and the time and resources available. For example:

    - We recommend starting your evaluation using some of the **context tools** to understand what has been going on in the wider setting during your response. This will help you better assess which external factors have caused positive (or negative) change, and what your contribution has been.
    - Then, you can select one or more of the other Light Wheel tools. For example, if you are interested in gathering numerical data, you might use the **Light Wheel survey**. If you want to understand people's feelings and experiences in depth, you might choose to use the **group discussion**, and score the maturity model.
    - To make sure your conclusions about what has changed and why are validated and rigorous, you could also include some of the **observation tools**.

4. **Create a data collection plan** where you decide on the communities and individuals you will include in your evaluation, outline the roles and responsibilities of your team and gather the resources you'll need.

5. **Collect your data**, following the guidance in **Part 2: Facilitate,** for the tools you plan to use.



6. **Analyse your data** using the instructions in the Light Wheel toolkit (**Part 4: Analyse,** available at: **learn.tearfund.org/LW4**) and compare the findings with your baseline data to assess what change has taken place, and why. These findings will form your evaluation report.

7. **Share your findings** with different stakeholders using the guidance in the Light Wheel toolkit (**Part 5: Communicate,** available at: **learn.tearfund.org/LW5**) so you can celebrate the changes that have taken place, capture learning for future responses and think about new priorities for the future.

Bright ideas

- **If you haven't conducted a baseline:** We recommend that you add some retrospective questions to your group discussion to help participants reflect on how things used to be, before you discuss how things are today. For example: 'What was your life like in this aspect of wellbeing three years ago? Why was that?' This data will not be as reliable as data collected in an actual baseline, but it will give you some idea of change or progress.

- **Keep asking why:** In your evaluation you are not only trying to assess the situation and what has changed, but also what causes have driven that change. Keep asking your participants 'why?', particularly in the **group discussion**. For example, 'Why do you think your score on the maturity model has increased?', 'What was the reason for that change?' Make a note of people's answers so that during the analysis stage you can draw conclusions about what has changed and why.

- **Other ways to use the Light Wheel in an evaluation:** There are other creative ways to use the Light Wheel in your evaluations. For example, you could integrate some Light Wheel survey questions into an existing survey to bring a more holistic view. Or you could analyse findings from other evaluative approaches (eg notes, stories or interviews) through the lens of the Light Wheel, to see how different aspects of wellbeing have been impacted. See **Section 4.2** in the Light Wheel toolkit (available at: **learn.tearfund.org/LW4**) for more guidance on how to 'code' (or categorise) your data to help illuminate each aspect of wellbeing.

Case study

Learning from a Light Wheel evaluation in Nicaragua

Tearfund's partner in Nicaragua, PRODAD, used the Light Wheel to evaluate a project that was promoting food security and **Care of the environment** among churches and their communities. They wanted to understand people's experiences of the project and people's priorities for the future across all the different aspects of the Light Wheel.

PRODAD gathered information across six communities through **group discussions,** making sure they had enough facilitators to hold separate discussions with men, women and young people in each community. They also conducted **Light Wheel surveys,** sometimes using mobile phones due to restrictions on movement at the time.

The data collection team made sure the questions were adjusted to be sensitive to the context, and local political leaders were also involved so they supported what was happening. One important piece of learning was to have female enumerators working with women's groups so that the women felt comfortable to answer more personal questions.

They found people really valued the opportunity to speak about their experiences and analyse their community. The team at PRODAD hoped that sharing their findings with the community members would help shift people's perception of the work the local church was doing.

> **'We often assume what people need or want, but the findings from our evaluation help us to know more about what the community really needs.'**
>
> **Omar Herrera,** Director of PRODAD, Nicaragua



A Light Wheel diagram in Nicaragua. Photo: PRODAD

Application 7: Impact assessment and research

Purpose

Using the Light Wheel to frame research topics and questions, and understand what drives and sustains holistic change

Tools & resources

- **Descriptions of the nine aspects** (Resource 3.1.3)
- **Group discussion questions** (Resource 3.2.1)
- **Light Wheel survey template** (Resource 3.3.1)

Overview

An impact assessment, or piece of research, is usually conducted after a response has ended or some way into a long-term response. While an evaluation looks at the results of the response, an impact assessment or research piece goes into more depth to investigate what drives and sustains change over time.

Over the years, the Light Wheel has been integrated into impact assessments and research in different ways. Any of the Light Wheel tools can be used alongside other tools and methodologies for assessing change, especially when a more rigorous approach is needed. The Light Wheel provides a tried-and-tested framework for talking about and evaluating holistic wellbeing.[3]

The case studies that follow give examples of some of the more rigorous methodologies that you, researchers or consultants might use, and how incorporating the Light Wheel can help bring greater depth and insight.

Case studies

CCT impact study

In 2022 Tearfund conducted a large-scale research study to assess the holistic impact of CCT work in Rwanda, Sierra Leone, Tanzania and Zimbabwe. Differences in participants' wellbeing were assessed using 23 questions relating to the Light Wheel's aspects of wellbeing. The data was compared with communities where CCT was not yet taking place. The results found that CCT communities scored higher in all 23 questions and every aspect of wellbeing covered in the survey. The findings also showed that every £1 invested in CCT unlocks £7 worth of community resources, which together create up to £211 worth of 'social value' in terms of increased wellbeing.[4]

[3] If you are planning to conduct an impact assessment or a piece of research, you might find Tearfund's 'Research terms of reference' helpful for guidance on areas to consider in your planning. See: **learn.tearfund.org/LW-essentials**

[4] The full research study findings can be found at: **learn.tearfund.org/LW-essentials**. 'Social value' is an approach that gives monetary value to benefits that are not typically quantified.

Outcome Harvesting in Mozambique

When one of Tearfund's sustainable livelihoods projects in Mozambique came to be evaluated, they used an approach called Outcome Harvesting to understand the changes in behaviour and attitudes that had taken place.[5] The emerging outcomes were then mapped against the Light Wheel, using the Descriptions of the nine aspects, to reveal the areas of most and least transformation.

There was a clear trend showing that improvements in WASH, agricultural practices and livelihoods training had led to improved **Physical health**, **Capabilities** and **Material assets** within the community. There was less mention of changes related to **Social connections** and **Personal relationships**, despite these being intended outcomes of the project, and so these were identified as areas for further focus.

Ageing in Rwanda study

Tearfund's team in Rwanda commissioned a piece of research to understand how the local church can better address vulnerability in old age. As part of the broader research methodology, the Light Wheel **transect walk** tool was used to help the research team observe with their own eyes some of the challenges faced by elderly people. Overall, they found that CCT processes were not always inclusive of older people. The report guided Tearfund's team in Rwanda to improve their strategy to support elderly people. It was also shared with local churches, the Rwandan Government and NGOs, to inspire them to better prioritise the needs of elderly people.[6]



Rwanda. Photo: Tumuheirwe Jesus/Tearfund

[5] To find out more about Tearfund's approach to Outcome Harvesting, see our toolkit *Change inside and out*, available at: **learn.tearfund.org/LW-essentials**

[6] Read the full findings from this research, the *Ageing in Rwanda* report, available at: **learn.tearfund.org/LW-essentials**

Next steps

By now, you should have a better understanding of what the Light Wheel is and the different ways you can apply it. You should also have a good idea of how you plan to use it in your work.



Next, in **Part 2: Facilitate**, you will find more in-depth instructions about how to use the different Light Wheel tools that we've introduced in this part. If you haven't got Part 2 printed out already, you can find it by going to **learn.tearfund.org/LW-essentials**

You can also visit **learn.tearfund.org/lightwheel** to find the Light Wheel toolkit and a free, interactive Light Wheel e-learning course.

Feedback

We'd love to hear how this resource helped you. Your feedback helps us improve and share more of what matters.

learn.tearfund.org/feedback

Above, a group of Light Wheel facilitators in Bangladesh. Photo: Amit Rudro/Tearfund

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