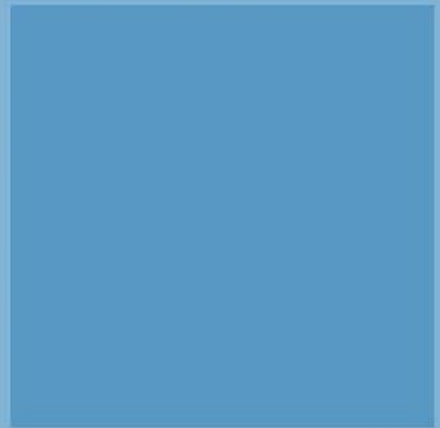


December 2015

# National Citizen Service 2013 Evaluation – One Year On

## Main Report

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# Contents

<b>Summary</b> .....	<b>1</b>
<b>1 Introduction</b> .....	<b>7</b>
<b>1.1 Background</b> .....	<b>7</b>
<b>1.2 Aims of the evaluation</b> .....	<b>8</b>
<b>1.3 Methodology</b> .....	<b>8</b>
<b>1.4 Interpretation of findings</b> .....	<b>10</b>
<b>2 Experiences of participants</b> .....	<b>12</b>
<b>2.1 What did young people take away from National Citizen Service?</b> .....	<b>12</b>
<b>2.2 Legacy of the NCS programme</b> .....	<b>13</b>
<b>3 Impact on social mixing</b> .....	<b>17</b>
<b>3.1 Social trust</b> .....	<b>17</b>
<b>3.2 Attitudes towards mixing with people from different backgrounds</b> .....	<b>18</b>
<b>3.3 Level of interaction with people from different backgrounds</b> .....	<b>18</b>
<b>3.4 Expansion of social networks</b> .....	<b>19</b>
<b>4 Impact on transition to adulthood</b> .....	<b>20</b>
<b>4.1 Education, employment and training</b> .....	<b>20</b>
<b>4.2 Life skills</b> .....	<b>21</b>
<b>4.3 Personal resilience</b> .....	<b>22</b>
<b>4.4 Sense of wellbeing</b> .....	<b>23</b>
<b>4.5 Health impacts</b> .....	<b>24</b>
<b>5 Impact on teamwork, communication and leadership</b> .....	<b>25</b>
<b>5.1 Confidence in leadership and communication</b> .....	<b>25</b>
<b>5.2 Attitudes towards teamwork and getting along with others</b> .....	<b>26</b>
<b>6 Impact on community involvement</b> .....	<b>27</b>
<b>6.1 Knowledge and understanding of community involvement</b> .....	<b>27</b>
<b>6.2 Perceived ability to make a difference</b> .....	<b>28</b>
<b>6.3 Involvement and helping out</b> .....	<b>28</b>
<b>6.4 Intention to vote</b> .....	<b>29</b>
<b>7 Value for money</b> .....	<b>31</b>
<b>7.1 Costs</b> .....	<b>32</b>
<b>7.2 Benefits</b> .....	<b>33</b>
<b>7.3 Value for money</b> .....	<b>38</b>
<b>7.4 Other benefits</b> .....	<b>41</b>
<b>7.5 Value for money including health effects</b> .....	<b>43</b>
<b>Appendix A: sample profiles</b> .....	<b>45</b>

**Appendix B: full list of outcome measures .....47**

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# Summary

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# Summary

## Background to National Citizen Service

National Citizen Service (NCS) is a Government-backed initiative that brings together young people aged 15 to 17 from different backgrounds to help them develop greater confidence, self-awareness and responsibility, with a view to creating a more cohesive, responsible and engaged society. Since November 2013, it has been managed by the NCS Trust, a community interest company established by the Government to shape, champion and support NCS. Before this date, NCS was managed by the Cabinet Office.

In total, 31,738 young people took part in NCS programmes in summer 2013, and 7,828 in autumn 2013.<sup>1</sup> The Cabinet Office appointed Ipsos MORI to evaluate the impact and value for money of these programmes.

This report summarises the second stage of the 2013 evaluation, to assess whether the impacts seen at the initial follow-up (four months – for summer, and three months – for autumn, after NCS took place), have been sustained “one year on” (17 – for summer, and 16 months – for autumn, after NCS took place) with NCS participants and control groups.<sup>2</sup> The findings of the first stage, based on baseline and initial follow-up surveys, can be found under a separate [cover](#)<sup>3</sup>.

## Experiences of participants

One year on participants said that NCS had continued to benefit them in a wide range of ways. Around six in ten said they felt better able to face challenges<sup>4</sup> and another six in ten said they had used the skills they developed on NCS.<sup>5</sup> Reflecting their positive experience, at least nine in ten (94% for summer and 90% for autumn) said they had recommended it to others.

At least a sixth of participants said they continued their involvement with NCS (19% for summer and 14% for autumn), mainly by supporting NCS delivery. A similar proportion would like to be involved in NCS next year, again most commonly wanting to be involved in programme delivery.

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<sup>1</sup> NCS programmes also took place in spring 2013. These were with a small number of participants (428), so are not part of this evaluation.

<sup>2</sup> The control groups were drawn from those expressing interest in NCS but not participating.

<sup>3</sup> [http://www.ncsyes.co.uk/sites/all/themes/ncs/pdf/ncs\\_2013\\_evaluation\\_report\\_final.pdf](http://www.ncsyes.co.uk/sites/all/themes/ncs/pdf/ncs_2013_evaluation_report_final.pdf)

<sup>4</sup> 67% of summer participants and 61% of autumn participants felt better able to face challenges.

<sup>5</sup> 67% of summer participants and 60% of autumn participants said they had used the skills they had developed on NCS.

## What was the impact of National Citizen Service 2013 one year on from the programme?

Both the summer and autumn programmes were found to have statistically significant positive impacts in all four of the outcome areas explored in the evaluation, demonstrating that many of the positive impacts of participation in NCS observed in the initial Phase of the evaluation have been sustained longer-term.<sup>6</sup> There were fewer impacts seen at the one year on compared to the initial follow-up, meaning not all of the impacts initially observed have been sustained longer term. Of all the themes measured, the most consistent impacts were observed in relation to teamwork, communication and leadership.

On balance, the summer programme has sustained more measures across the four outcome areas than autumn, although autumn has more persistent impacts on community involvement.

### Social mixing

In order to assess how NCS had affected participants' social mixing, questions were asked on social trust; attitudes towards relatives or friends going out with people from a number of different backgrounds; level of interaction with people from different backgrounds; and getting in touch with people from different backgrounds to ask for advice or a favour.

One year on NCS continued to have positive impacts on some aspects of social mixing:

- The summer programme sustained most impacts found at the initial follow-up on attitudes towards mixing with people from different backgrounds. The autumn programme has not sustained impacts on any of these measures.
- Neither programme has *sustained* impacts on interaction with people from different backgrounds, or social trust. However, one year on from the initial follow-up, the autumn programme showed an impact on meeting socially several times a week with people from a different religious background; this specific impact was not seen at the initial follow-up.
- One year on, the summer programme has not retained any of its original impacts on the expansion of social networks. However, the summer programme showed an impact on asking for advice or a favour from people from a different race or ethnicity, which was not present at the initial follow-up. The autumn programme has retained two of its impacts from the initial follow-up. The majority of

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<sup>6</sup> A full list of outcome measures, including those not found to be statistically significant, can be found in Appendix B.

participants from both programmes stated that they had stayed in touch with other NCS participants.

### Transition to adulthood

To assess the impact of NCS on participants' transition to adulthood, questions were asked on education, employment and training plans for the near future; long-term choices and aspirations; sense of control over future success; life skills; personal resilience; sense of wellbeing; and health behaviours.

Some impacts on transition to adulthood have persisted, such as: participants' confidence in their life skills; some measures of personal resilience; personal wellbeing; and reductions in the proportion who have not had six units of alcohol on any one day in the last month and the proportion who do not usually smoke any cigarettes in a week. On balance, the summer programme has sustained more impacts than the autumn programme, particularly in relation to life skills and sense of wellbeing.

Impacts on education, employment and training, including how in control participants felt about their future success and long-term choices (such as agreeing that a range of different career options are open to them) were found at initial follow-up but have not been sustained by either programme.

### Teamwork, communication and leadership

To measure the impact of NCS on teamwork, communication and leadership questions were asked on confidence in leadership and communication, as well as attitudes towards teamwork and getting along with others.

NCS 2013 has seen most consistent impact on teamwork, communication and leadership out of all the themes measured. Both summer and autumn have retained impacts on all measures of leadership and communication. The summer programme has sustained three of four impacts on measures of attitudes towards teamwork and getting along with others, while autumn has retained one of four impacts – feeling confident meeting new people.

### Community involvement

To assess the impact on community involvement questions were asked on participants' intention to vote; perceived ability to make a difference; knowledge and understanding of community involvement; and volunteering activities.

The impacts on perceived knowledge and understanding of local community and community involvement have persisted for the autumn



programme, while the summer programme has retained one of two initial impacts.<sup>7</sup>

At the initial follow-up, both programmes saw three impacts on measures of perceived ability to make a difference. One year on these impacts have not persisted for summer, but the autumn programme has retained two impacts.<sup>8</sup>

Both programmes have sustained their impact on average number of hours that participants said they had spent helping out organisations and people not in their family over the last month (+6.9 hours for summer and +7.3 hours for autumn).

## Value for money

We provide an assessment of value for money associated with NCS 2013, focusing on its effects in delivering sustained changes in volunteering behaviour and enhancements to leadership skills. This assessment is based on the longitudinal tracking of these outcomes over a period of 16 to 17 months amongst participants of the autumn and summer 2013 NCS respectively; and a comparison group of non-participants. The analysis has been undertaken in accordance with the principles of the HM Treasury Green Book, and seeks to monetise (as far as possible) the resource costs and benefits associated with the scheme. Full details of the analysis are set out in the Technical Report<sup>9</sup>.

The analysis provides improved estimates of the value for money associated with NCS 2013 set out in the preceding stage of this evaluation. These prior results were developed on the basis of the outcomes observed amongst participants of NCS 2013 in the short term (3 and 4 months post completion, for autumn and summer respectively) and involved the application of a range of assumptions around the extent to which those changes in behaviour, skills and attitudes might be sustained in the long term. As such, the additional longitudinal observations offer substantially greater insight into how far the outcomes observed endure over time and greater confidence in the results of the analysis. For summer 2013 NCS, there was no statistically significant decay in the estimated effects on volunteering and drinking behaviour. However, four out of the five indicators used to assess leadership showed a statistically significant decay between 4 and 17 months following participation; while estimated effects on smoking

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<sup>7</sup> At the initial follow-up summer saw an impact on the percentage of participants who felt they knew a great deal/fair amount about how to tackle a problem in their local area, the percentage that agree they understand the organisations and people that have influence in their local area. One year on only knowledge about how to tackle a problem in the local area has persisted.

<sup>8</sup> There were initial impacts on feeling able to have an impact on the world around them, feeling they could make a difference working with others, and feeling they are someone who can be relied upon. The first and last impacts were sustained by the autumn programme.

<sup>9</sup> This will be available on the Ipsos MORI website when published.

behaviour fell to zero. There was no statistically significant decay in any of the effects of interest amongst participants of autumn 2013 NCS.

Based on evidence gathered 16 to 17 months following the completion of the project, it is estimated that the summer 2013 NCS programme will deliver benefits, excluding health benefits, of between £61.3m and £228.4m, while the autumn 2013 NCS will deliver benefits of between £10.1m and £60.7m.

The cost-benefit analysis suggests that the summer 2013 NCS programme might be expected to deliver between £1.25 and £4.65 of benefits per £1 of expenditure, while the autumn programme will deliver between £0.78 and £4.70 per £1 of expenditure.

In aggregate, these results broadly confirm the estimates of the future value of the NCS programme generated on the basis of outcomes observed amongst this cohort of participants shortly after their completion of the programme (pointing to persistent positive effects on behaviour in many areas, and offering greater certainty on the potential value of NCS). The results suggest that the effects of the programme on volunteering were initially understated (though the impacts on educational participation have not emerged in the manner originally anticipated).

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# Introduction

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# 1 Introduction

This report covers the findings from the second stage of an evaluation of National Citizen Service (NCS) 2013, exploring its impacts and value for money one year after the first stage of the evaluation took place.<sup>10</sup> Ipsos MORI was commissioned by the Cabinet Office to evaluate the summer and autumn programmes.

## 1.1 Background

NCS is a Government-backed initiative that brings together young people aged 15 to 17 from different backgrounds to help them develop greater confidence, self-awareness and responsibility, with a view to creating a more cohesive, responsible and engaged society. Since November 2013, it has been managed by the NCS Trust, a community interest company established by the Government to shape, champion and support NCS. Before this date, NCS was managed by the Cabinet Office.

The Prime Minister announced NCS in July 2010, with pilots taking place in 2011 and 2012 to inform a wider rollout from 2013 onwards.<sup>11</sup> In total, 31,738 young people took part in summer 2013 (with 30,045 completing their programme), and 7,828 in autumn 2013 (with 7,221 completing).<sup>12</sup>

Participants completed NCS over five Phases. Phase 1 involved team induction events. These were followed by team activities (Phases 2–3) and a social action project in the local community (Phases 4–5). NCS ended with a graduation ceremony.

While both the summer and autumn programmes covered the same ground, the summer programmes largely took place over several weeks during the school summer holidays, and the autumn programmes took place over a shorter period of around two weeks during and after autumn half-term holidays. The following table details the differences between summer and autumn. The specific activities undertaken varied by delivery partner.

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<sup>10</sup> Further stages of the evaluation will look at impacts in the longer term, and will be published in due course.

<sup>11</sup> Evaluations of the 2011 and 2012 pilots were carried out by NatCen Social Research. The findings from these evaluations are available on the NatCen website, at: <http://natcen.ac.uk/our-research/research/evaluation-of-national-citizen-service-pilots/>.

<sup>12</sup> NCS programmes also took place in spring 2013. These were with a small number of participants (428), so are not part of this evaluation.

**Table 1.1 – Phases for the Summer and Autumn 2013 NCS programmes**

Phase	Summer	Autumn
Attending residential activities away from local area (Phase 2)	5-days, staying over 1 hour away from participants' homes	3-days, staying over 1 hour away from participants' homes
Attending activities in local area (Phase 3)	5-days, staying under 1 hour away from participants' homes	3-days (non-residential)
Designing a social action project for local area (Phase 4)	30 hours full-time over 4/5 days (non-residential)	30 hours split across Phase 4 and Phase 5, mostly part-time
Delivering a social action project for local area (Phase 5)	30 hours, either full-time or part-time (non-residential)	

## 1.2 Aims of the evaluation

The key objectives of this evaluation were:

- To assess the longer-term impact of the summer and autumn programmes on four outcome areas: social mixing; transition to adulthood; teamwork, communication and leadership; and community involvement.
- To strengthen our understanding of whether NCS represents good value for money in the longer term.

## 1.3 Methodology

This section summarises the evaluation methodology. Full technical details can be found in the separately published Technical Report.<sup>13</sup>

This stage of the evaluation comprised of two components:

- Self-completion paper and online surveys of NCS participants and control groups, conducted before the summer and autumn programmes began (the baseline), again three or four months after their completion (the initial follow-up), and again one year after the initial follow-up (the one year on follow-up) to measure the impact of NCS.<sup>14</sup>

<sup>13</sup> This will be available on the Ipsos MORI website when published.

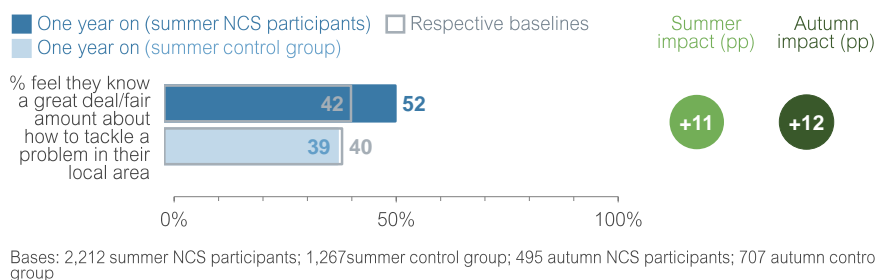
<sup>14</sup> In summer 2013, 24,926 NCS participants and 8,750 control group members completed baseline surveys. Of these, 3,091 and 1,724 respectively completed initial follow-up surveys. A further 2,245 and 1,291 completed one year on follow-up surveys. In autumn, 6,770 NCS

- An economic analysis using data from the participant surveys to monetise (as far as possible) the resource costs and benefits associated with the 2013 summer and autumn NCS programmes.

## Measuring impact

The NCS participant and control group samples (for summer and autumn respectively) were made comparable in terms of demographic and socio-economic characteristics using a statistical technique called propensity score matching. The impact on each outcome was then calculated as the change from baseline to the one year on survey among NCS participants minus the equivalent change among the respective control group (either in percentage points, or in mean scores) – these impact scores are shown in bubbles in the charts in this report.<sup>15</sup>

An example of this calculation is shown in the following chart. At the one year on surveys, 52% of summer NCS participants and 39% of the summer control group said they felt they knew a great deal or fair amount about how to tackle a problem in their local area, representing a change of 10 percentage points (10pp) and 1pp respectively from the baseline surveys. The difference between the two percentage point changes is the summer impact, in this case +11pp.



## Comparability of control groups

The 2013 control groups were designed to be more comparable to NCS participants than those used in the evaluations of the 2011 and 2012 pilots. For 2013, the control groups were drawn from those expressing interest in NCS but not participating, whereas in 2011 and 2012 the control groups were taken from the National Pupil Database in summer 2011.<sup>16</sup> The control groups were also drawn and surveyed at the same time as NCS participants, so they were more closely aligned than in 2012. It is likely that

participants and 3,638 control group members completed baseline surveys. Of these, 1,310 and 1,397 respectively completed follow-up surveys. A further 495 and 707 completed one year on follow-up surveys.

<sup>15</sup> In this report, where the stated differences between the baseline and follow-up results do not appear to equal the impact score, this is due to rounding.

<sup>16</sup> This is an administrative dataset of pupils attending schools or colleges in England, published annually by the Department for Education.

those expressing interest in NCS (but not attending) were more like NCS participants than a general representative sample of 15 to 17-year-olds from the National Pupil Database.

In addition, it should be noted that, compared with the earlier evaluations, more variables were used in the propensity score matching in 2013. This means the risk of not controlling for confounding variables has been reduced (but not eliminated) compared to previous years.

There may nonetheless be some attitudinal or behavioural differences between the two groups that cannot be controlled for through matching.

## 1.4 Interpretation of findings

Throughout this report, only impacts and differences that are statistically significant at the 95% level of confidence are commented on.

Comparisons are made between the summer and autumn programmes. This is intended to highlight where the summer programmes had an impact but the autumn programmes did not, or vice versa. Where *both* sets of programmes were found to have an impact on an outcome, comparisons cannot be made in the *level* of impact between summer and autumn as propensity score matching and statistical significance have not been conducted across programmes.

Subgroup analysis is included in order to examine whether NCS had a particularly strong impact on one subgroup, in the outcomes where it had an impact overall. Significant differences by gender and ethnicity were found and are reported here.

**It should be noted that statistically significant impacts were not observed on *all* of the specific outcomes measured in the surveys. A full list of outcome areas is provided in Appendix B.**

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# Experiences of participants

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## 2 Experiences of participants

### Key findings

One year on participants still said they benefited from NCS and would recommend the programme to others:

- Participants said that NCS had benefited them in a wide range of ways since they graduated, such as their ability to face challenges and feeling more capable than they realised.
- Around nine in ten participants said they had recommended NCS to others.

Legacy of the NCS programme:

- Up to one in five NCS participants said that *they had continued* their involvement with NCS, mainly by supporting NCS delivery.
- Up to one in four participants said they would definitely like to be involved in NCS next year, while nearly half said they may like to be involved. These participants would have liked to stay involved with NCS in a number of ways; the most popular of these was to help deliver NCS programmes.

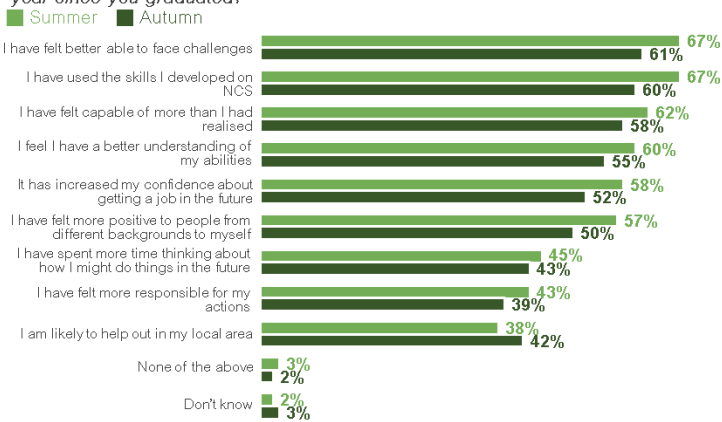
### 2.1 What did young people take away from National Citizen Service?

What difference did young people think National Citizen Service made to them?

NCS participants said that the programme had benefited them in a range of different ways since they have graduated, as outlined in figure 2.1.

Figure 2.1 – ways in which participants feel the NCS experience has helped them

Q. In which, if any, of the following ways do you feel your NCS experience has helped you in the year since you graduated?



Bases: 2245 summer participants; 495 autumn participants

More than eight in ten participants (84% for summer and 82% for autumn) said that during their time away from home they spent time reflecting on their experience of the activities, in a session that the team leader had organised. Over half of participants said they had used the techniques they had learnt since (54% of summer participants and 55% of autumn participants who had spent time reflecting on their activities, during the programme).

Most participants had also widened their friendship networks through NCS. More than eight in ten (85% of participants from the summer programme and 81% from the autumn programme) said that they had kept in touch with young people they met through NCS.

### Recommending National Citizen Service

Around nine in ten summer (94%) and autumn (90%) participants said they had recommended NCS programme to other 16- or 17-year-olds, with around eight in ten saying the people they had recommended NCS to had signed up (80% of autumn participants and 77% of summer participants).

94%



of summer participants said they had recommended NCS to other 16- or 17- year-olds.

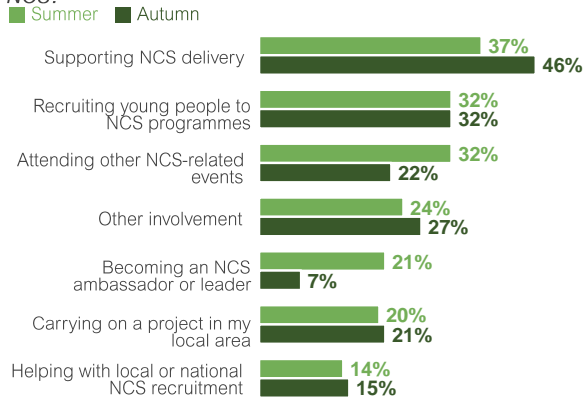
## 2.2 Legacy of the NCS programme

### Staying involved

At least one in seven participants from both the summer (19%) and autumn programmes (14%) said they had continued their involvement with NCS in some form. Their various activities are detailed below.

Fig 2.2 – activities of those who stayed involved with NCS

Q. Since last summer / November 2013 have you had any further involvement with NCS?



Bases: 433 summer participants who had further involvement with NCS; 69 autumn participants who had further involvement with NCS

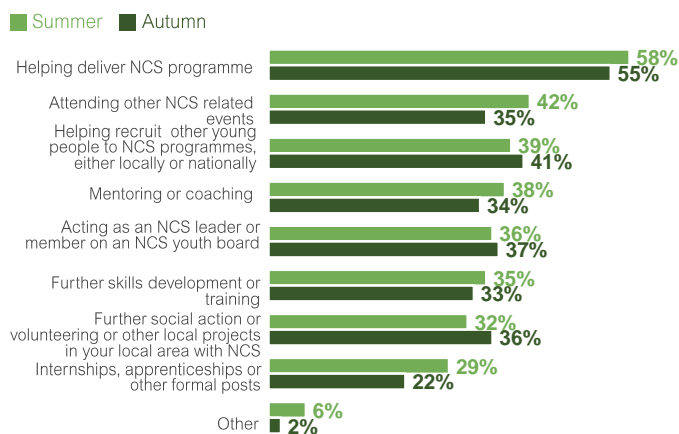
The most frequently selected type of involvement for both programmes was supporting NCS delivery.

Around one in five (24% for summer and 22% for autumn) participants said they would definitely like to be involved with NCS next year. A further 48% of participants from the summer programme and 45% from the autumn programme said they *may* like to be involved in NCS next year.

Similarly to those already involved in NCS, those who would like to be involved in NCS next year were most likely to want to help deliver the programme.

Fig 2.3 – ways participants would like to stay involved with NCS

Q. In which ways would you like to be involved with NCS next year?



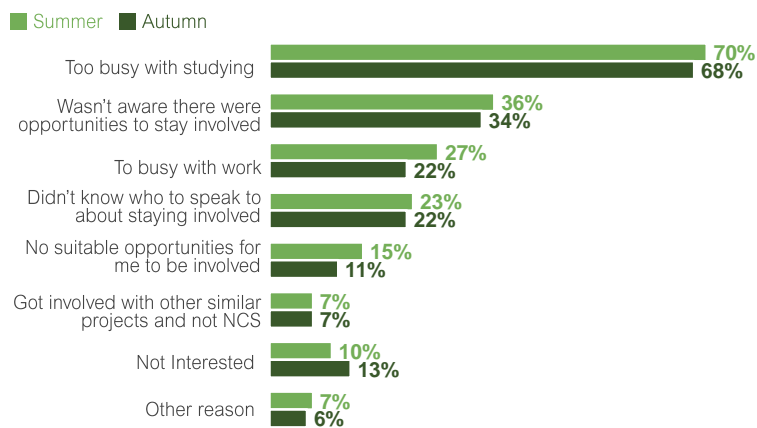
Bases: 1632 summer participants who would like to be involved with NCS next year; 336 autumn participants who would like to be involved with NCS next year

## Barriers to involvement

More than eight in ten participants said they had not been involved in NCS since they completed their NCS programme (81% for summer and 86% for autumn). There were a number of different reasons for this, studying being the most frequently mentioned reason. One in ten participants (10% for summer and 13% for autumn) were not interested in continuing their involvement with NCS.

**Fig 2.4 – why participants did not continue their involvement with NCS**

Q. *If you chose not to continue your involvement with NCS, why was this?*



Bases: 1,811 summer participants who had no further involvement with NCS; 426 autumn participants who had no further involvement with NCS

Lack of information on how to stay involved was also given as a reason for not doing so. One in three participants were not aware that there were opportunities to stay involved with NCS (summer 36% and autumn 34%) and one in five participants did not know who to contact to stay involved with NCS (23% for summer and 22% for autumn).

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# **Impact of National Citizen Service 2013 – One Year On**

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## 3 Impact on social mixing

### Key findings

In order to assess how NCS had affected participants' social mixing questions were asked on: social trust; attitudes towards relatives or friends going out with people from a number of different backgrounds; level of interaction with people from different backgrounds; and getting in touch with people from different backgrounds to ask for advice or a favour.

One year on NCS continued to have positive impacts on some aspects of social mixing:

- The summer programme sustained most impacts found at the initial follow-up on attitudes towards mixing with people from different backgrounds. The autumn programme has not sustained impacts on any of these measures.
- Neither programme has sustained impacts on interaction with people from different backgrounds or social trust. However one year on from the initial follow-up, the autumn programme showed an impact on meeting socially several times a week with people from a different religious background; this specific impact was not seen at the initial follow-up.
- One year on, the summer programme has not retained any of its original impacts on the expansion of social networks. However, the summer programme showed an impact on asking for advice or a favour from people from a different race or ethnicity, which was not present at the initial follow-up.
- The autumn programme has retained two of its impacts from the initial follow-up.

### 3.1 Social trust

Willingness to trust others for both the summer and autumn programmes has not been sustained from the initial follow-up. In the one year on follow-up survey NCS was shown to have no impact on participants saying that they think most people can be trusted.

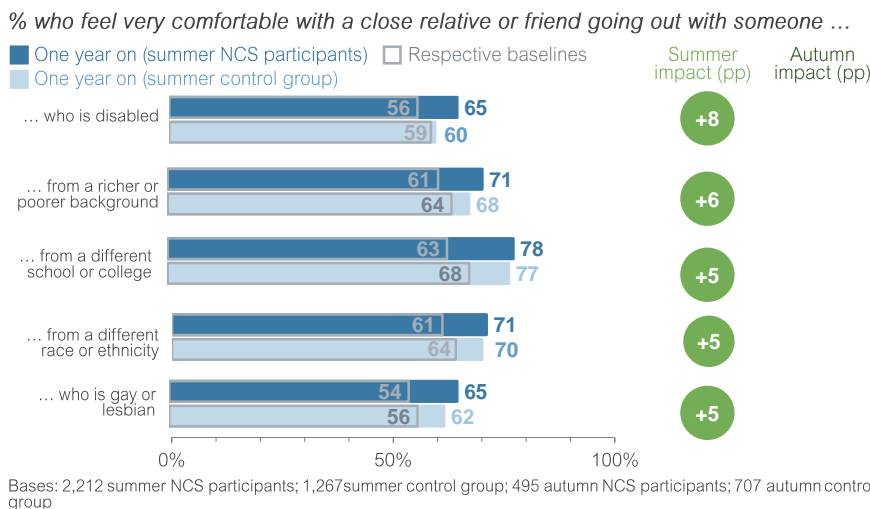
### 3.2 Attitudes towards mixing with people from different backgrounds

In order to assess how NCS affected participants' overall views towards mixing with others, the surveys asked how comfortable participants would feel if close relatives or friends went out with people from a number of different backgrounds.

Both summer and autumn programmes were shown to have positive impacts across the range of measures at the initial follow-up. One year on the summer programme has sustained these impacts on all measures except mixing with people from a different religious background, while the autumn programme has not sustained impacts on any of these measures.

In terms of being comfortable with a close friend or relative going out with someone who is disabled, the NCS summer programme had a greater sustained positive impact on boys than girls (+12pp compared to +6pp).

Figure 3.1 – impact on attitudes towards mixing with people from different backgrounds



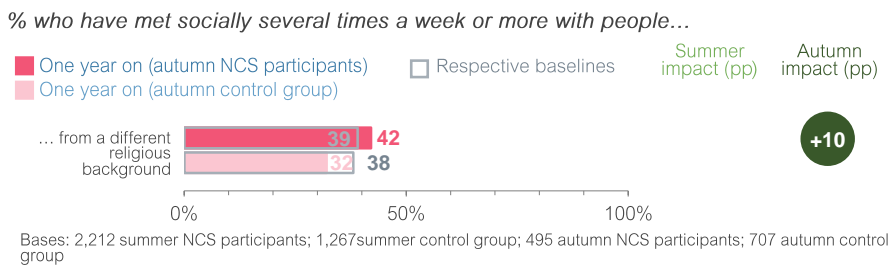
### 3.3 Level of interaction with people from different backgrounds

The initial follow-up showed that the summer programme had a range of positive impacts on participants' social interaction with people from different backgrounds,<sup>17</sup> as it did on attitudes towards social mixing. The autumn programme had an impact on one measure: meeting socially several times a week or more with people who are disabled.

<sup>17</sup> Meeting socially several times a week or more with people from a richer or poorer background, from a different school or college, who are gay or lesbian, of retirement age or who are disabled.

One year on these impacts have not been sustained, although autumn did show an impact on one measure: meeting several times a week or more with people from different religious backgrounds.

**Figure 3.2 – impact on social interaction with people from different backgrounds**

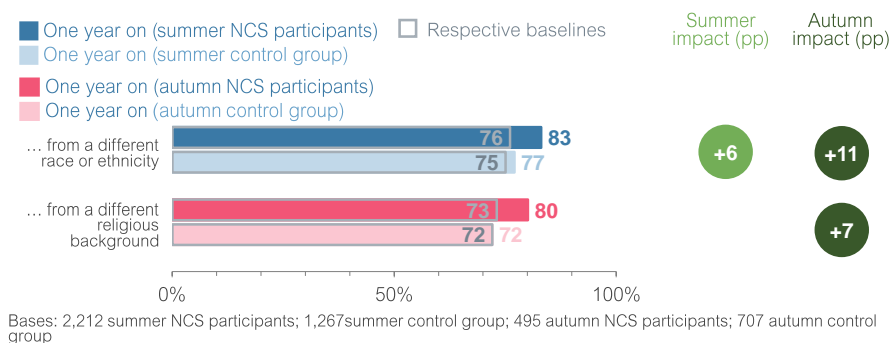


### 3.4 Expansion of social networks

The impact of NCS on participants' broader social networks was measured in terms of whether participants felt happy asking for advice or a favour from people they knew from various different backgrounds. There were five positive impacts at the initial follow-up for summer<sup>18</sup> and four for autumn.<sup>19</sup>

One year on, the summer programme has not retained any of its original impacts, but showed an impact on asking for advice or a favour from people from a different race or ethnicity. The autumn programme has retained two of its impacts from the initial follow-up.

**Figure 3.3 – impact on social networks**



<sup>18</sup> On the proportion who would feel happy getting in touch with some or more people from a different religious background, from a different school or college or from a richer or poorer background to ask for advice or a favour.

<sup>19</sup> On the proportion who would feel happy getting in touch with some or more people from a different religious background, from a richer or poorer background, from a different race or ethnicity or who are gay or lesbian to ask for advice or a favour.



## 4 Impact on transition to adulthood

### Key findings

To assess the impact of NCS on participants' transition to adulthood, questions were asked on education, employment and training plans for the near future, long-term choices and aspirations, sense of control over future success, life skills, personal resilience, sense of wellbeing, and health behaviours.

Some impacts on transition to adulthood have persisted, such as on participants' confidence in their life skills, some measures of personal resilience, personal wellbeing, and reductions in alcohol consumption and smoking. On balance, the summer programme has sustained more impacts than the autumn programme, particularly in relation to life skills and sense of wellbeing.

Impacts on education, employment and training, including how in control participants felt about their future success and long-term choices (such as agreeing that a range of different career options are open to them) had not been sustained for either programme.

### 4.1 Education, employment and training

#### Plans for the future

At the initial follow-up the autumn programme had a positive impact on plans to study for a qualification (excluding A/AS Levels) in a sixth form college, paid work and voluntary or community work in the next few months, compared to the control group. The summer programme also had a positive impact on plans to study for a qualification (excluding A/AS Levels) in a sixth form college in the next few months. One year on participants were no more likely to have done any of these activities than the control group.

At the initial follow-up, no impact was found on participants' long-term plans (i.e. what they think they will be doing in two years' time, such as working or studying), and one year on there were still no long-term impacts.

#### Long-term choices and aspirations

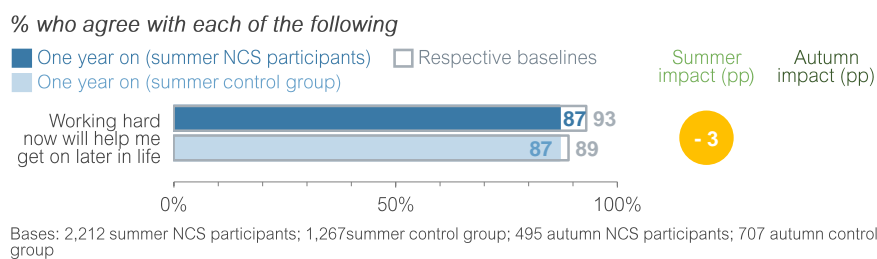
At the initial follow-up, summer and autumn both had a positive impact on participants' long-term choices and aspirations around education and employment (such as feeling positive about getting a job in the future or

agreeing education is worthwhile).<sup>20</sup> At the one year on follow-up none of these impacts had been sustained.

### Control over future success

At the initial follow-up, positive impacts were found on how in control participants felt about their future success<sup>21</sup>. These findings have not persisted one year on. However, one year on there was a negative impact on participants feeling that “working hard now will help them get on later in life” for those that completed the summer programme (-3pp).

Figure 4.1 Belief in control over future success



## 4.2 Life skills

NCS 2013 participants felt more confident in their life skills at the initial follow-up, compared to the control groups. One year on, the summer NCS programme has continued to have a positive impact on participants' confidence on a range of life skills, such as decision-making, managing money, time management and doing new things – only staying away without family or friends was not sustained from the initial follow-up.

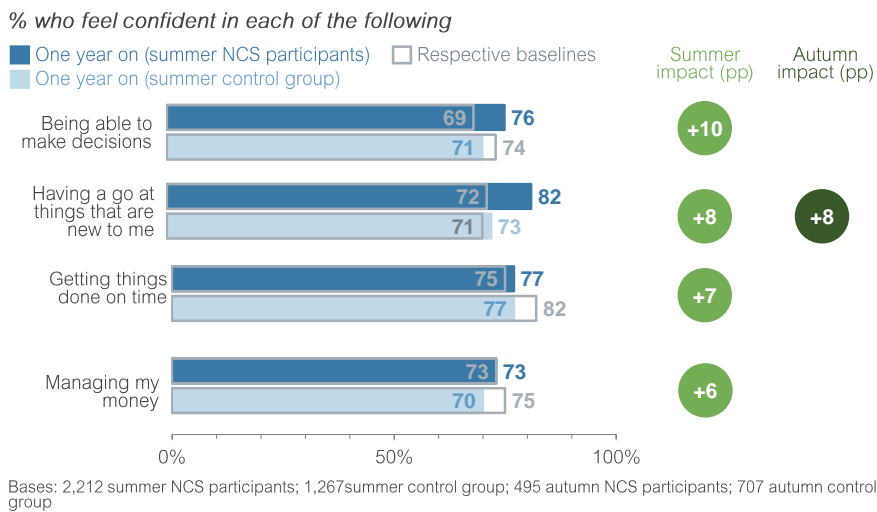
These impacts were less persistent for the autumn programme, which showed impacts on five life skill measures at the initial follow-up, but has sustained only one of these impacts one year on – the percentage who felt confident having a go at things that are new to them.

As at the initial follow-up NCS was more likely to have an impact on girls' life skills than boys'; this continues one year on (for example on having a go at new things there was a +12pp impact for girls, while an impact for boys was not observed one year on).

<sup>20</sup> On the proportion agreeing that "a range of different career options are open to me", that education is worthwhile and that studying to gain qualifications is important to them.

<sup>21</sup> For summer on the proportion who disagree that how well you get on in this world is mostly a matter of luck, for summer and autumn the percentage that agree they can pretty much decide what will happen in their life and for autumn the percentage that disagree that even if they do well at school, they'll have a hard time getting the right kind of job.

Figure 4.2— impact on life skills



### 4.3 Personal resilience

At the initial follow-up, the summer programme showed impacts on six measures of personal resilience;<sup>22</sup> one year on the programme has sustained two of these impacts. However, one year on, it also showed a negative impact for how able participants felt they could sort out problems in their life (-5pp) compared to the control group.

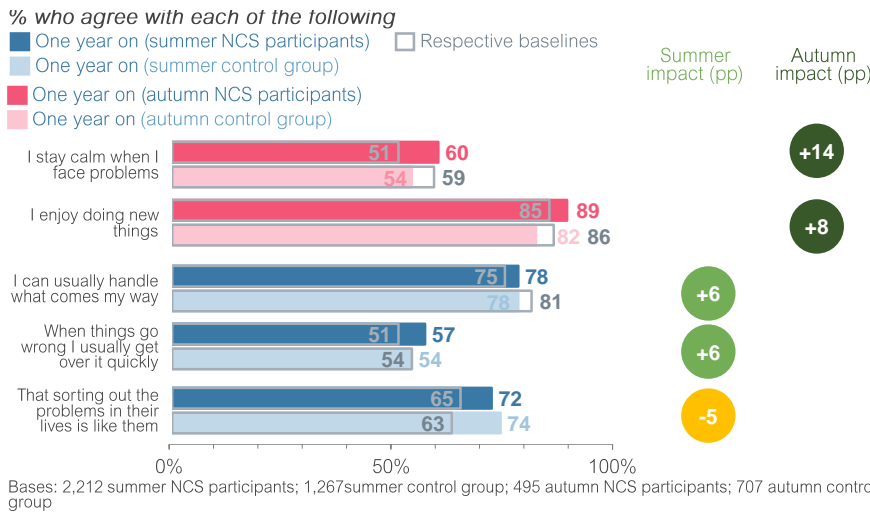
Overall impact on how confident summer participants felt about doing new things has not been sustained. It was, however, sustained for summer participants in receipt of free school meals (+13pp).

Autumn showed three impacts on measures of personal resilience at the initial follow-up,<sup>23</sup> and two of these have persisted one year on.

<sup>22</sup> The percentage who agree "I stay calm when I face problems", "I can usually handle what comes my way", "when things go wrong I usually get over it quickly", "I like to finish things once I've started them", "I find it easy to learn from my mistakes" and "I enjoy doing new things".

<sup>23</sup> The percentage who agree "I stay calm when I face problems", "I can usually handle what comes my way" and "I enjoy doing new things".

Figure 4.3 – impact on personal resilience

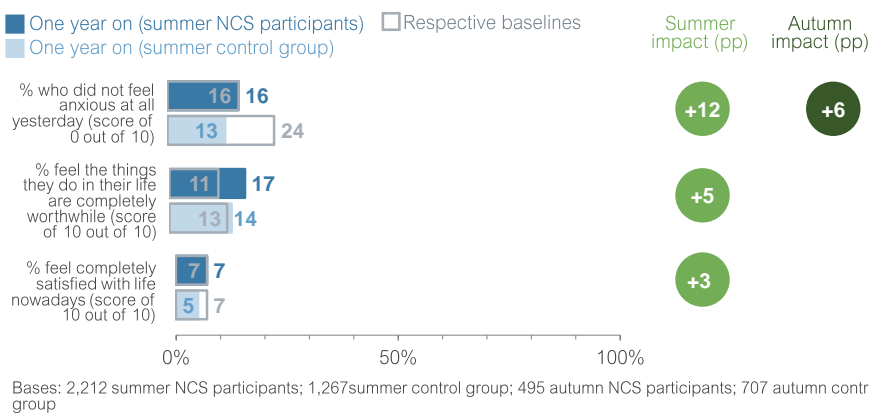


### 4.4 Sense of wellbeing

To assess the impact on participants' sense of personal wellbeing questions were asked about their satisfaction with life nowadays, how worthwhile the things they do are, their happiness yesterday, and how anxious they felt yesterday. All of which are based on the Office of National Statistics personal wellbeing measures.

The summer programme has retained three of its four<sup>24</sup> personal wellbeing impacts one year on, while the autumn programme has sustained one of its three<sup>25</sup> impacts (shown in figure 4.4).

Figure 4.4 – impact on sense of wellbeing



The impact analysis was also conducted in terms of means out of 10 on each of the indicators. Positive impacts were found for how anxious they felt

<sup>24</sup> At the initial follow-up summer also had an impact on the percentage who felt completely happy yesterday. This has not been sustained one year on.

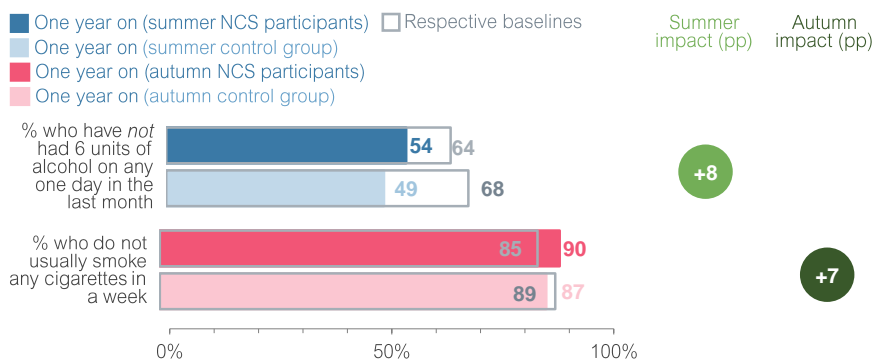
<sup>25</sup> The other two impacts found at the initial follow-up for autumn were on the percentage who feel the things they do in their life are worthwhile and the percentage who feel completely satisfied with life nowadays.

the day before the survey (-1.13 for summer and -0.85 for autumn) and feeling that the things in their life were completely worthwhile (0.36 for autumn).

### 4.5 Health impacts

NCS does not have an explicit aim of improving health behaviours, although indirect effects – such as reducing smoking or drinking – may be possible. At the initial follow-up the impact analysis suggested that it led to an increase both in the proportion who have *not* had six units of alcohol on any one day in the last month and the proportion who *do not* usually smoke any cigarettes in a week in summer and autumn. One year on, summer has sustained the reduction in alcohol consumption, and the reduction in smoking<sup>26</sup> has persisted for participants of the autumn programme.

Figure 4.5 – impact on alcohol consumption and smoking behaviour



Bases: 2,212 summer NCS participants; 1,267 summer control group; 495 autumn NCS participants; 707 autumn control group

<sup>26</sup> No impact was shown on this measure for the summer programme, which was based on online responses only due to discrepancies in the postal questionnaire.

# 5 Impact on teamwork, communication and leadership

## Key findings

The impact on NCS participants' teamwork, communication and leadership were assessed. Questions were asked on confidence in leadership and communication, as well as attitudes towards teamwork and getting along with others.

NCS 2013 has seen most consistent impact on teamwork, communication and leadership out of all the themes measured. Both summer and autumn have retained impacts on all measures of leadership and communication. The summer programme had sustained three of four impacts on measures of attitudes towards teamwork and getting along with others, while autumn had retained two of four impacts – feeling confident meeting new people and getting along with people easily.

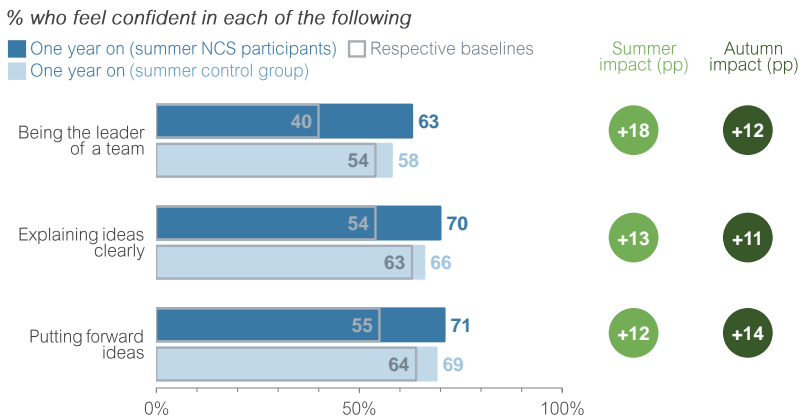
## 5.1 Confidence in leadership and communication

Both NCS 2013 programmes retained all impacts on confidence in leadership<sup>27</sup> and communication one year on; showing this to be a longer-term impact of the programme.

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<sup>27</sup> On these measures, the NCS participants and control groups had very different baseline scores. While this may be a result of unobserved differences, it may also be due to uncontrollable differences in the data collection method. NCS participants completed the questionnaires at the start of their Phase 2 residential course among groups of young people, while the control group completed a postal survey on their own.

Figure 5.1 – impact on leadership and communication

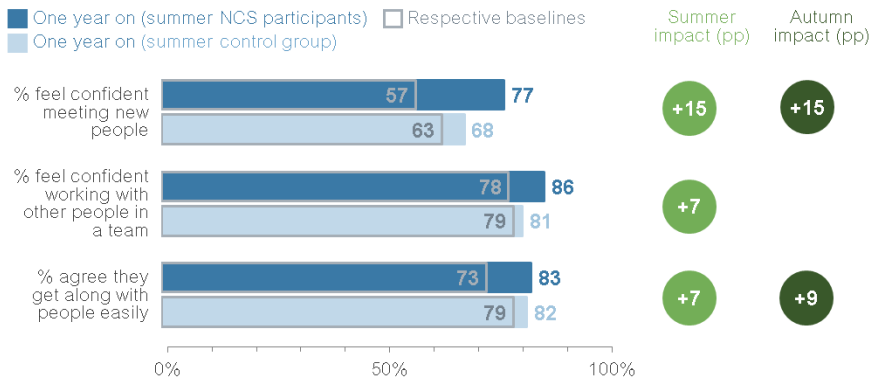


Bases: 2,212 summer NCS participants; 1,267 summer control group; 495 autumn NCS participants; 707 autumn control group

## 5.2 Attitudes towards teamwork and getting along with others

The summer and autumn programmes both showed impacts on four<sup>28</sup> measures of teamwork and getting along with others. Summer has sustained three of these impacts, while autumn has retained two.

Figure 5.2 – impact on teamwork and getting along with others



Bases: 2,212 summer NCS participants; 1,267 summer control group; 495 autumn NCS participants; 707 autumn control group

<sup>28</sup> The percentage who feel confident meeting new people, working with other people in a team, agree they get along with people easily, and agree they try to treat other people with respect.

## 6 Impact on community involvement

### Key findings

To assess the impact on community involvement questions were asked on participants' intention to vote; perceived ability to make a difference; knowledge and understanding of community involvement; and participants volunteering activities.

The impacts on perceived knowledge and understanding of local community and community involvement have persisted for the autumn programme, while the summer programme has retained one of two initial impacts.

At the initial follow-up both programmes saw three impacts on measures of perceived ability to make a difference. One year on, one of these impacts has persisted for summer, but the autumn programme has retained two impacts.

Both programmes have sustained their impact on average number of hours that participants said they had spent helping out organisations and people not in their family over the last month (+6.9 hours for summer and +7.3 hours for autumn).

### 6.1 Knowledge and understanding of community involvement

The impacts on perceived knowledge and understanding of local community and community involvement have persisted for the autumn programme, while the summer programme has retained one of two initial impacts.<sup>29</sup>

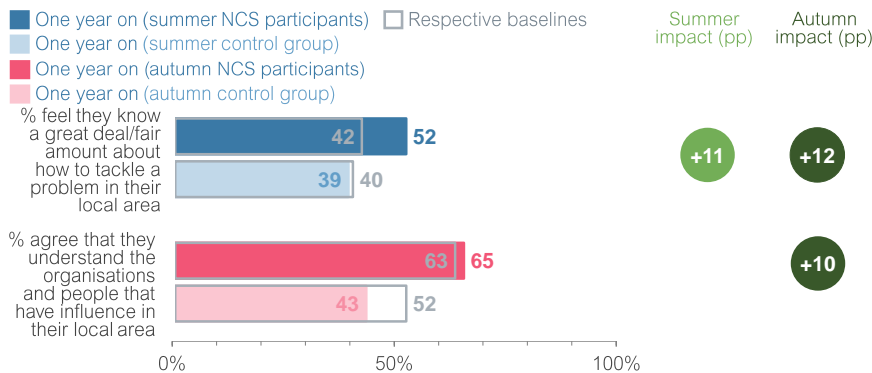
The positive impact on knowing how to tackle problems found at the initial follow-up has persisted for girls (+15pp), at the one year on follow-up, but not for boys.

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<sup>29</sup> At the initial follow-up summer also had an impact on the percentage that agree they understand the organisations and people that have influence in their local area.



Figure 6.1 – impact on perceived knowledge and understanding of local community and community involvement

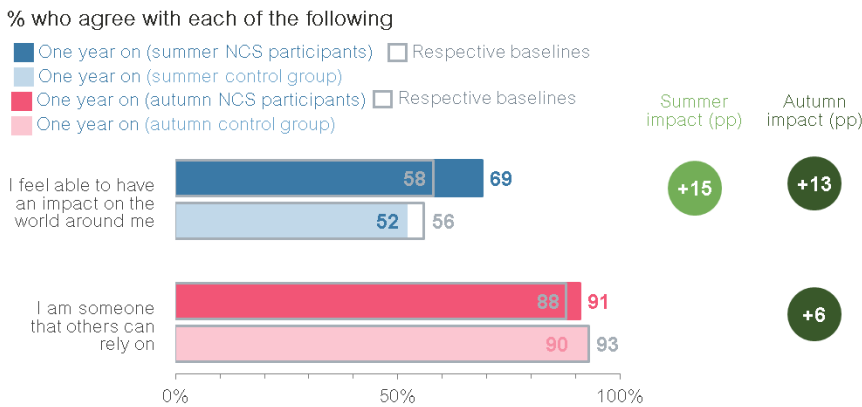


Bases: 2,212 summer NCS participants; 1,267 summer control group; 495 autumn NCS participants; 707 autumn control group

## 6.2 Perceived ability to make a difference

At the initial follow-up both programmes saw three<sup>30</sup> impacts on measures of perceived ability to make a difference. One year on, one of these impacts has persisted for summer, and the autumn programme has retained two impacts.

Figure 6.2 – impact on perceived ability to make a difference



Bases: 2,212 summer NCS participants; 1,267 summer control group; 495 autumn NCS participants; 707 autumn control group

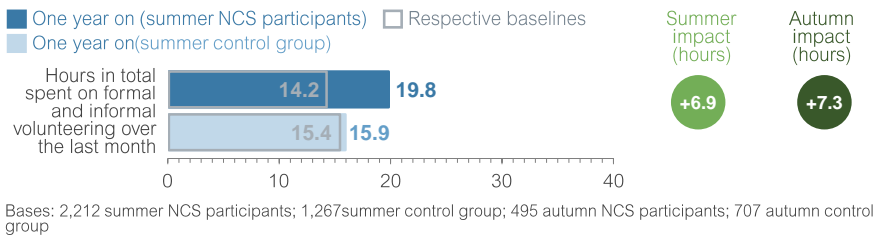
## 6.3 Involvement and helping out

### Helping out and volunteering

Both programmes have sustained their impact on average number of hours that participants said they had spent helping out organisations and people not in their family over the last month (+6.9 hours for summer and +7.3 hours for autumn).

<sup>30</sup> The percentage that agree they feel able to have an impact on the world around them, feel they can make a difference when working with others and are someone others can rely on.

Figure 6.3 – impact on formal and informal volunteering



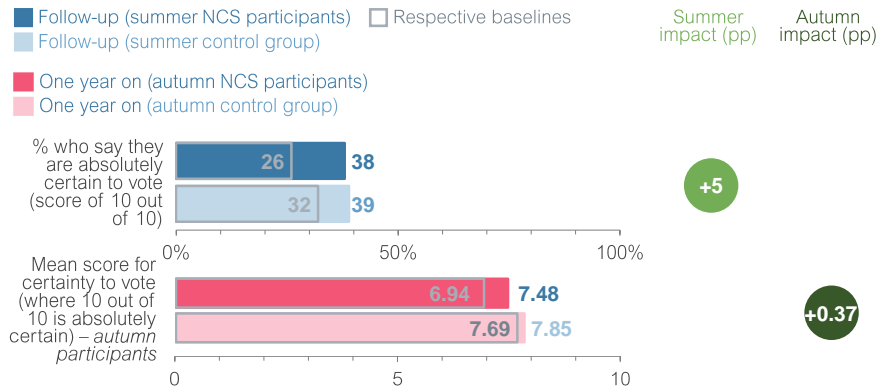
Looking at specific types of activities included within our definition of volunteering:

- The summer programme had a positive impact on participants helping out someone not in their family in "some other way" (+5pp); participants taking part in the Duke of Edinburgh scheme (+4pp); and helping decorating, or doing any kind of home or car repairs for someone not in their family (+3pp).
- The summer programme also had a negative impact on participants raising money for charity (-5pp) and on participants taking part in art, drama, dance, or music group outside of school/college hours (-4pp).
- The autumn programme had a positive impact on participants taking part in a sports club/team (+10pp) and contacting someone about something affecting their local area (+6pp).

## 6.4 Intention to vote

The evaluations of NCS 2013 also sought to test the potential impact of NCS on civic engagement by measuring likelihood of voting in a general election. A positive impact was found on both programmes: the summer one year on follow-up showed a positive impact on certainty to vote; and the autumn survey on participants' mean score for likelihood to vote (+0.37).

Figure 6.4 – Impact on voting intention



Bases: 2,212 summer NCS participants; 1,267 summer control group; 495 autumn NCS participants; 707 autumn control group

## 7 Value for money

This section provides an assessment of value for money associated with NCS 2013, focusing on its effects in delivering sustained changes in volunteering behaviour and enhancements to leadership skills. This assessment is based on the longitudinal tracking of these outcomes over a period of 16 to 17 months amongst participants of the autumn and summer 2013 NCS respectively; and a comparison group of non-participants. The analysis has been undertaken in accordance with the principles of the HM Treasury Green Book, and seeks to monetise (as far as possible) the resource costs and benefits associated with the scheme. Full details of the analysis are set out in the Technical Report<sup>31</sup>.

The analysis provides improved estimates of the value for money associated with NCS 2013 set out in the preceding stage of this evaluation. These prior results were developed on the basis of the outcomes observed amongst participants of NCS 2013 in the short term (3 and 4 months post completion, for autumn and summer respectively) and involved the application of a range of assumptions around the extent to which those changes in behaviour, skills and attitudes might be sustained in the long term.

As such, the additional longitudinal observations offer substantially greater insight into how far the outcomes observed endure over time and greater confidence in the results of the analysis. For summer 2013 NCS, there was no statistically significant decay in the estimated effects on volunteering and drinking behaviour. However, four out of the five indicators used to assess leadership showed a statistically significant decay between 4 and 17 months following participation; while estimated effects on smoking behaviour fell to zero. There was no statistically significant decay in any of the effects of interest amongst participants of autumn 2013 NCS.

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<sup>31</sup> This will be available on the Ipsos MORI website when published.

## Key findings

Based on evidence gathered 16 to 17 months following the completion of the project, it is estimated that the summer 2013 NCS programme will deliver benefits of between £61.3m and £228.4m, while the autumn 2013 NCS will deliver benefits of between £10.1m and £60.7m.

The cost-benefit analysis suggests that the summer 2013 NCS programme might be expected to deliver between £1.25 and £4.65 of benefits per £1 of expenditure, while the autumn programme will deliver between £0.78 and £4.70 per £1 of expenditure.

In aggregate, these results broadly confirm the estimates of the future value of the NCS programme generated on the basis of outcomes observed amongst this cohort of participants shortly after their completion of the programme (pointing to persistent positive effects on behaviour in many areas, and offering greater certainty on the potential value of NCS). The results suggest that the effects of the programme on volunteering were initially understated (though the impacts on educational participation have not emerged in the manner originally anticipated).

## 7.1 Costs

Evidence on the cost of NCS 2013 was provided directly by the Cabinet Office and covered centrally funded contributions to the cost of the NCS. The costs of delivering summer and autumn 2013 NCS was £49m and £13m respectively. A total of 30,045 young people completed the summer 2013 NCS while 7,221 completed the autumn 2013 NCS. The unit cost per participant (including non-completers) was close to £1,550 for summer and £1,650 for autumn<sup>32</sup>, compared with a unit cost of around £1,700 in 2012. These estimates will slightly understate the actual resource costs as in some cases the parents of participants will also have made small financial contributions to cost of NCS (of up to £50).

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<sup>32</sup> Even though the autumn programmes were shorter, their cost was higher than that of the summer programmes. This was partly due to the intensity of the autumn programmes not driving meaningful savings and also because there was a major storm (the St. Jude storm) that struck southern England the night before the autumn programmes, causing a large number of cancellations and thus fewer per-participant cost savings.

## 7.2 Benefits

This section provides an assessment of the benefits of the NCS 2013, focusing on its core objectives of delivering enhanced civic engagement and improving the leadership and other related skills amongst those young people participating in the course.

### Volunteering

NCS aims to create a more cohesive, responsible and engaged society. Young people are encouraged to work together to create social action projects in their local communities and need to complete 30 hours of voluntary work to graduate. It is hoped that this initial activity through NCS may stimulate longer-term effects on civic engagement and willingness to supply further time (in the form of volunteering) to support the achievement of broader social goals. This volunteering involves unpaid work leading to the provision of additional goods or services (which will be valued by the individuals or communities benefiting).

The preceding stage of this evaluation demonstrated that NCS 2013 had a short-term effect on the volunteering hours supplied by NCS participants. However, there was considerable uncertainty as to how far this effect was likely to persist over time, and a conservative assumption was adopted that the effect would decay over a maximum period of 12 months. The longitudinal data collected through this wave of the study has made it possible to examine the validity of these original assumptions.

### Value of volunteering during NCS

NCS 2013 required participants to supply 30 volunteering hours as part of the course. The baseline survey suggested that, on average, NCS participants were involved in volunteering activity for an average of 16 hours per month prior to taking part in the summer or autumn programmes. As such, it is estimated that NCS led to an increase in volunteering hours of 14 hours over the duration of the social action project. This volunteering time was valued by applying the National Minimum Wage for young people at the time (of £3.72) across the number of participants completing, and was estimated at a total of £1.6m for the summer programmes and £0.4m for the autumn programmes.

Summer:  $30,045 \times 14 \times £3.72 = £1.6\text{m}$

Autumn:  $7,221 \times 14 \times £3.72 = £0.4\text{m}$

### Short-term volunteering effects (3 to 4 months post-placement)

In addition, the evidence from the preceding wave of this evaluation suggested that impacts on volunteering behaviour endured beyond the lifetime of the placement. The estimated increase in monthly volunteering amongst NCS participants was between 3.1 and 8.9 hours per month amongst those completing the summer programme and between 2.5 and 9.7 hours per month amongst those completing the autumn programme. The follow-up survey took place four months following the baseline survey for the summer programme, and three months following the baseline survey for the autumn programme. Again, applying the national minimum wage at the time, the value of volunteering benefits accrued by the time of the surveys was estimated at between £1.4m and £4.1m amongst completers of summer 2013 NCS, and £0.2m and £0.8m for completers of autumn 2013 NCS.

Summer 2013:  $30,045 \times (3.1 \text{ or } 8.9) \times 4 \times \text{£}3.72 = \text{£}1.4\text{m} - \text{£}4.1\text{m}$

Autumn 2013:  $7,221 \times (2.5 \text{ or } 9.7) \times 3 \times \text{£}3.72 = \text{£}0.2\text{m} - \text{£}0.8\text{m}$

### Volunteering Effects 16 to 17 Months post-completion

This wave of the evaluation suggested that the impact of NCS on the volunteering behaviour has endured over time – participants have continued to supply more volunteering hours than the comparison group even 16 (for autumn) and 17 (for summer) months after the completion of both the summer and autumn programmes. These effects were estimated at between 3.5 and 10.3 hours per month for completers of the summer programme, and between 1.6 and 12.9 hours per month for completers of the autumn programme.

The longitudinal research undertaken as part of this stage of the evaluation took place an average of 13 months after the first follow-up survey of participants. An assumption was made that the effects on volunteering hours supplied by participants described above were sustained for the duration of this period. The value of this time was again estimated on the basis of the average minimum wage that participants might have obtained in the labour market (£4.82<sup>33</sup> for summer and £5.08 for autumn participants). Changes in prices over the intervening period were allowed for by applying the GDP deflator<sup>34</sup>. Furthermore, the value of volunteering time from 12

<sup>33</sup> <https://www.gov.uk/national-minimum-wage-rates>. This estimate was based on the age profile of participants at the time of the survey (23 and 4 percent were aged 16 to 17 for summer and autumn respectively, and 73 and 94 percent aged 18 to 20), and the minimum wage for these groups (£3.79 and £5.13).

<sup>34</sup> The GDP deflator series suggested that output prices rose by 1.7 percent over the period 2013 to 2014. See <https://www.gov.uk/government/statistics/gdp-deflators-at-market-prices-and-money-gdp-march-2015-quarterly-national-accounts> (accessed May 2015).

months following completion of the programme was discounted by using the recommended rate of social time preference of 3.5 percent in line with HM Treasury Green Book guidelines<sup>35</sup>. This gives estimates of the present value of additional volunteering time (in 2013, at 2013 prices) of between £6.5m and £19.0m for summer 2013, and between £0.7m and £5.9m for autumn 2013.

**Summer 2013:**  $30,045 \times (3.5 \text{ or } 10.3) \times 13.1 \times £4.82 \div (1.017 \times 1.011) = £6.5\text{m} - £19.0\text{m}$

**Autumn 2013:**  $7,221 \times (1.6 \text{ or } 12.9) \times 12.8 \times £5.08 \div (1.017 \times 1.011) = £0.7\text{m} - £5.9\text{m}$

## Future Volunteering

The results above suggest that the assumptions adopted in the preceding stage of this evaluation were conservative, in that an assumption was adopted that the effects would decay after 12 months. In practice, rather than decaying over time, impacts on volunteering behaviour have proven to be persistent, and it may be reasonable to assume that these impacts will continue to be sustained into the future. As such, additional modelling of the impact of NCS on future volunteering was undertaken as part of this stage of the evaluation. The rate at which the effects involved might decay in the future remains uncertain, and the following scenarios were adopted to develop a possible range for these future effects:

- **Low:** Effects on volunteering time would decay to zero linearly over five years post-participation (i.e. over 45 months following the follow-up survey). This scenario was based on the lower bound estimate of the effect of NCS on volunteering hours (3.5 and 1.6 hours per month for summer and autumn 2013 respectively). These assumptions give estimates that NCS may lead to an additional 2.3m and 0.2m volunteering hours supplied by participants of the summer and autumn programmes respectively.
- **Medium:** Effects on volunteering time would decay to zero linearly over ten years post-participation (i.e. over 105 months following the follow-up survey). This scenario was based on the central estimate of the effect of NCS on volunteering hours (6.9 and 7.3 hours per month for summer and autumn 2013 respectively). These assumptions give estimates that NCS may lead to an additional 10.8m and 2.7m volunteering hours supplied by participants of the summer and autumn programmes respectively.

<sup>35</sup> The volunteering impacts valued here relate to those occurring between 3 and 16 months following completion of the NCS. As such, the first 9 months of this benefit stream were not discounted, while the final 4 months were discounted at a rate of 3.5 percent. This gives an overall discount factor of 1.011 for the period.



- **High:** Effects on volunteering time would halve (on a linear basis) over ten years post-participation (again over the 105 months following the follow-up survey). This scenario was based on the upper bound estimate of the effect of NCS on volunteering hours (10.3 and 12.9 hours per month for the summer and autumn programmes respectively). These assumptions give estimates that NCS may lead to an additional 24.2m and 7.3m volunteering hours supplied by participants of the summer and autumn programmes respectively.

These impacts were valued on the assumption that the current minimum wage of £6.50 for those over 21 would apply over the period. The value of future benefits was discounted by 3.5 percent per annum (the rate of social time preference recommended by the HM Treasury Green Book). The table below sets out estimates of the present value of future volunteering for the summer and autumn programmes under the three scenarios above<sup>36</sup>.

	Low: volunteering benefits decay over 5 years	Central volunteering benefits decay over 10 years	High: volunteering benefits do not decay
Summer	£12.7	£58.9	£132.7
Autumn	£1.4	£14.9	£40.1

### Leadership skills

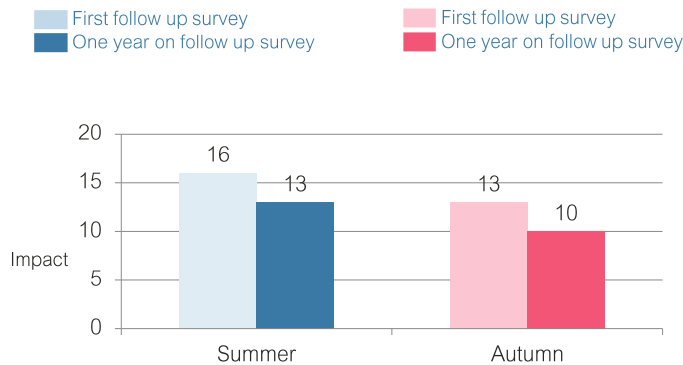
NCS aims to improve young people's leadership skills, which will help them to be more successful in their future career and therefore earn more money. The preceding wave of this evaluation showed an effect on participants' leadership skills, though there was some uncertainty as to how far these effects might persist beyond the short term.

This stage of the evaluation has helped to show that such impacts have been persistent (decaying at the margins, though this difference was not statistically significant). It is estimated that 13.1 and 10.3 percent of participants of the summer and autumn 2013 NCS respectively had acquired improvements in leadership skills that were sustained over 16 to 17 months (including increased confidence in teamwork and communication).

<sup>36</sup> The relevant equation to produce these estimates was:  $\sum_{m=1}^M (P \cdot I \cdot w \cdot (1 - d)) \cdot \left(\frac{1}{(1+\rho)}\right)^y$ , where P is the number of participants completing the programme, I is the estimated effect of the NCS on volunteering hours, M is the total number of months for which the benefit was assumed to endure following the follow-up survey,  $\rho$  is the social rate of time preference, and y is the number of years elapsed since participation in the NCS. The parameter d represents the assumed rate of decay, equalling (m/M) for scenarios 1 and 2, and (m/2M) for scenario 3.

Figure 7.1 – Average impact on leadership skills indicators

Average impact on leadership skills indicators (being the leader of a team, meeting new people, working with other people in a team, putting forward ideas, explaining ideas clearly)



Bases: **Autumn** 3 months FU: 1,243 autumn NCS participants; 1,391 autumn control group. Autumn 1YO: 463 autumn NCS participants; 662 autumn control group. **Summer** 3 months FU: 3,035 summer NCS participants; 1,710 summer control group. Summer 1YO: 2,212 summer NCS participants; 1,267 summer control group

A US study has demonstrated that leadership skills (over and above cognitive skills and other influential factors) can have long-term effects on the earnings of individuals (in the order of 2.1% to 3.8% after controlling for other psychological traits and occupation).<sup>37</sup> It should be noted that around 20% of these effects has been attributed to the impact leadership skills have on the take-up of further education (and as noted above, it has not been possible to demonstrate that NCS has produced such an effect).

In line with the 2012 and 2013 studies, it is assumed that the present value of lifetime earnings for an NCS participant is £600,000. After removing effects mediated by increased participation in education (assumed at 20 percent on the basis of the results of the cited study), the value of these impacts in terms of increased earnings for participants is estimated at between £39.2m and £71.0m for summer, and between £7.4m and £13.4m for autumn.

Summer:  $30,045 \times 0.13 \times (0.021 \text{ or } 0.038) \times 0.8 \times £600,000 =$   
£39.2m to £71.0m

Autumn:  $7,221 \times 0.10 \times (0.021 \text{ or } 0.038) \times 0.8 \times £600,000 =$  £7.4m  
to £13.4m

<sup>37</sup> Kuhn and Weinberger (2003) *Leadership Skills and Wages*, University of California (estimates taken from Table 10 in the appendix).

## Education

Though it was not designed to produce direct impacts on participation in education, the NCS aims to raise the aspirations of participants, as well as provide experience to support their job, college and university applications, which could lead to indirect effects of this nature. The results of the previous Phase of this evaluation of NCS 2013 suggested that it led to an increase in the proportion of participants intending to study for other further education qualifications of between 2.5 and 8.2 percentage points for summer 2013, and between 2.4 and 10.0 percentage points for autumn 2013 (no effects were observed on the proportion of participants intending to study for A-levels, or apprenticeships). As acknowledged at the time, these estimates were subject to some uncertainty as they depended on an assumption that participants would behave in line with their reported intentions.

While this uncertainty was allowed for in the sensitivity analysis, the additional longitudinal research completed with participants as part of this wave of the evaluation has offered an opportunity to examine how far these short-term educational participation effects have been realised in practice. Respondents were asked to report what they were doing (in terms of participation in education or employment) at the time of the survey. These findings are illustrated in the figure overleaf. Comparing the responses of respondents to those of the comparison group suggested that after 16 to 17 months, levels of participation in education were similar across the two groups across all types of participation. As a consequence, it is assumed that NCS 2013 led to no long-term effect on participation in education.

### 7.3 Value for money

Based on evidence gathered 16 to 17 months following the completion of the project, it is estimated that the NCS 2013 summer programme will deliver benefits (excluding health impacts) of between £61.3m and £228.4m, while the autumn programme will deliver benefits of between £10.1m and £60.7m in autumn. These estimates imply NCS 2013 delivered between £1.25 and £4.65 of benefits per £1 of expenditure in summer and between £0.78 and £4.70 in autumn.

In aggregate, these results are broadly in line with the estimates of the future value of the NCS programme generated in the preceding wave of this evaluation. The longer-term nature of the observations available for this analysis shows that many of the effects observed are likely to be persistent in nature, rather than temporary. As many of the benefits involved are assumed to accrue over the lifetime of the participants concerned, at this stage it is possible to offer greater confidence that NCS will ultimately deliver social welfare improvements that exceed the resource costs involved.

However, the underlying composition of the estimated benefits has changed to some degree:

- Effects on both leadership skills and volunteering behaviour have shown to be persistent (and in the case of volunteering, more persistent than anticipated in the preceding wave of this evaluation). As a consequence, volunteering effects account for a much larger share of the anticipated benefits of NCS 2013 than estimated in the previous study (though one area of remaining uncertainty is how far these effects will endure into the future).
- However, while a large share of the benefits was previously driven by anticipated productivity effects through higher educational participation and attainment, it has not been possible to demonstrate that these effects have been delivered in practice (partly owing to the difficulties in creating a pre-NCS baseline measure for this metric).

## Cost-benefit analysis results:

	Summer 2013			Autumn 2013		
	Low	Central	High	Low	Central	High
<b>Costs (£m)</b>						
<b>Cost of NCS</b>	49.1	49.1	49.1	12.9	12.9	12.9
<b>Benefits (excluding health benefits, £m)</b>						
<b>Value of voluntary work as part of NCS: actual (£m)</b>	9.5	17.1	24.7	1.3	4.2	7.1
<b>Value of voluntary work as part of NCS: future (£m)</b>	12.7	58.9	132.7	1.4	14.9	40.1
<b>Income from improved leadership skills (£m)</b>	39.2	54.2	71.0	7.4	10.4	13.4
<b>Value of benefits (£m)</b>	61.3	130.2	228.4	10.1	29.5	60.7
<b>Benefit to cost ratio (£s per £1 spending)</b>	£1.25	£2.65	£4.65	£0.78	£2.29	£4.70
<b>Comparison to preceding stage of this evaluation (3 months following completion)</b>	£1.39	£2.69	£4.80	£1.09	£2.44	£4.71

## 7.4 Other benefits

This section considers (and monetises, where feasible) a range of other outcomes that are less central to the objectives of the NCS, might be produced indirectly.

### Health

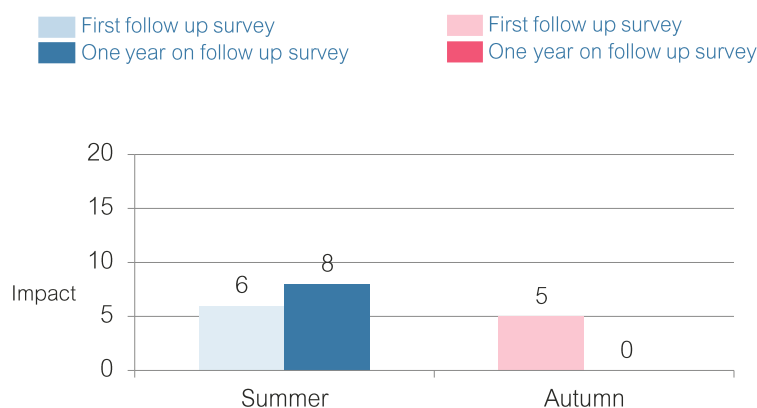
NCS does not have an explicit aim of improving health behaviours, although indirect effects – such as reducing smoking or drinking – may be possible. The previous evaluation of NCS 2013 has shown that NCS had a positive effect in both areas in the short term (though were subject to some uncertainty). However, as stated previously, these effects were observed only in the short term and were therefore uncertain. This wave of the evaluation – conducted one year after the first follow-up survey – has supported analysis of longer-term effects.

### Alcohol and Smoking Behaviour

This stage of the evaluation suggests that the short-term effects observed have been partly sustained. The results suggest that the summer programme led to increases in the proportion of participants not drinking 6 or more units of alcohol on one occasion of 8.3 percentage points, while the autumn programme has led to an increase in the proportion of participants reporting they usually do not smoke any cigarettes in a week of 7.1 percentage points.<sup>38</sup>

Figure 7.2 – Impact on alcohol consumption

*Impact on those who have not had 6 units of alcohol on any one day in the last month*

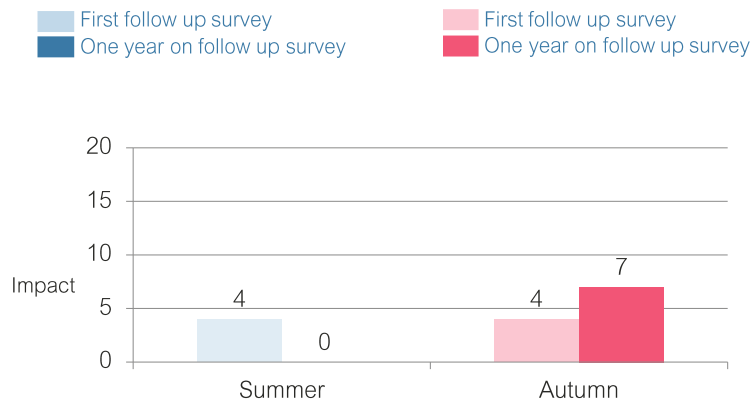


Bases: **Autumn** 3 months FU: 1,243 autumn NCS participants; 1,391 autumn control group. Autumn 1YO: 463 autumn NCS participants; 662 autumn control group. **Summer** 3 months FU: 3,035 summer NCS participants; 1,710 summer control group. Summer 1YO: 2,212 summer NCS participants; 1,267 summer control group

<sup>38</sup> Statistical tests need to be carried to explore whether this decay is statistically significant.

### Figure 7.3 – Impact on smoking behaviour

*Impact on those who do not usually smoke any cigarettes in a week*



Bases: **Autumn** 3 months FU: 1,243 autumn NCS participants; 1,391 autumn control group. Autumn 1YO: 463 autumn NCS participants; 662 autumn control group. **Summer** 3 months FU: 3,035 summer NCS participants; 1,710 summer control group. Summer 1YO: 2,212 summer NCS participants; 1,267 summer control group

### Potential value of health impacts

This wave of the evaluation suggests that NCS in the summer led to an increase in the proportion of participants that said that did not consume 6 or more units of alcohol on any one day over the month before completing the survey – the impact ranged between 4.3 percentage points and 12.2 percentage points. No impact on reducing alcohol consumption has been observed for NCS autumn. For the purposes of this analysis, these changes in behaviour have been assumed to be equivalent to a reduction in alcohol consumption from “heavy drinking” to “moderate drinking”, with the impact on healthy life-expectancy estimated as an increase of 0.32 years. Assuming that these effects are sustained, their value has been estimated at between £8.3m and £23.5m for summer.<sup>39</sup>

Summer:  $30,045 \times (0.043 \text{ or } 0.122) \times 0.32 \times £20,000 = £8.3\text{m to } £23.5\text{m}$

This wave also suggests that NCS led to a reduction in the proportion of participants in the autumn 2013 NCS smoking in a typical week of between 1.6 percentage points and 12.6 percentage points. No impact on reducing cigarette consumption has been observed amongst participants of the summer programme. The impact of cessation of smoking on quality-adjusted life-expectancy has been estimated as an increase of 1.29 years, and if these changes in behaviour are sustained, they might be valued at £3.0m and £23.5m for autumn.

Autumn:  $7,221 \times (0.016 \text{ or } 0.126) \times 1.29 \times £20,000 = £3.0\text{m to } £23.5\text{m}$

<sup>39</sup> An additional year of life-expectancy at full health has been valued at £20,000, in line with the approach taken by National Institute for Health and Care Excellence (NICE).

## 7.5 Value for money including health effects

The estimated costs and benefits associated with NCS 2013, if health benefits are included, are as follows:

- **Summer 2013:** Summer 2013 NCS was estimated to have delivered social benefits valued at between £69.6m and £251.8m, at a cost of £49.1m (giving a benefit to cost ratio of between £1.42 and £5.13 for £1 of investment).
- **Autumn 2013:** Autumn 2013 NCS was estimated to have delivered social benefits valued at between £13.1m and £84.2m, at a cost of £12.9m (giving a benefit to cost ratio of between £1.01 and £6.53 for £1 investment).



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# Appendices

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## Appendix A: sample profiles

The following table shows the achieved sample profiles for the follow-up surveys after carrying out propensity score matching.<sup>40</sup> The closeness of the NCS participant and control group profiles demonstrates the effectiveness of the matching process.

	Summer		Autumn	
	NCS	Control	NCS	Control
<b>Sample size</b>	2252	1291	495	707
<b>Gender</b>				
Male	28%	28%	32%	32%
Female	72%	72%	67%	68%
<b>Ethnicity</b>				
White	63%	70%	63%	71%
Ethnic minority	37%	29%	37%	28%
<b>Socio-economic</b>				
On free school meals	14%	13%	17%	15%
Not on free school meals	85%	86%	81%	84%

<sup>40</sup> Where percentages do not add to 100%, this is through missing information, due to paper survey respondents leaving questions blank.

The following table shows the achieved NCS participant sample profile for the baseline surveys against the achieved sample profile for the equivalent follow-up surveys.

	Summer NCS			Autumn NCS		
	Baseline	Follow-up	One Year on Follow-up	Baseline	Follow-up	One Year on Follow-up
<b>Sample size</b>	24,926	3,091	2252	6,770	1,310	495
<b>Gender</b>						
Male	41%	31%	28%	46%	37%	32%
Female	57%	69%	72%	49%	63%	67%
<b>Ethnicity</b>						
White	66%	73%	63%	66%	62%	63%
Ethnic minority	29%	26%	37%	28%	37%	37%
<b>Socio-economic</b>						
On free school meals	19%	16%	14%	19%	17%	17%
Not on free school meals	73%	83%	85%	73%	80%	81%

## Appendix B: full list of outcome measures

The following table provides a full list of outcome measures included in the impact analysis, including those where no statistically significant impact was observed. Only statistically significant impacts are shown in the far right columns.

Outcome	Summer 2013 Impact		Autumn 2013 Impact	
	Initial	One year on	Initial	One Year on
<b>Social mixing outcomes</b>				
% saying most people can be trusted (*QD2)	+7pp		+7pp	
% who feel very comfortable with a close relative or friend going out with someone from a different school or college (*QC8)	+5pp	+5pp	+5pp	
% who feel very comfortable with a close relative or friend going out with someone from a different race or ethnicity	+5pp	+5pp	+8pp	
% who feel very comfortable with a close relative or friend going out with someone from a different religious background	+4pp		+8pp	
% who feel very comfortable with a close relative or friend going out with someone from a richer or poorer background	+4pp	+6pp	+8pp	
% who feel very comfortable with a close relative or friend going out with someone who is gay or lesbian	+4pp	+5pp	+6pp	
% who feel very comfortable with a close relative or friend going out with someone who is disabled	+4pp	+8pp	+9pp	
% who have met socially several times a week or more with people from a richer or poorer background (*QD1)	+6pp			
% who have met socially several times a week or more with people from a different race or ethnicity to you				

Outcome	Summer 2013 Impact		Autumn 2013 Impact	
	Initial	One year on	Initial	One Year on
% who have met socially several times a week or more with people who are from a different religious background to you	+6pp			+10pp
% who have met socially several times a week or more with people from a different school or college	+5pp			
% who have met socially several times a week or more with people who are gay or lesbian	+4pp			
% who have met socially several times a week or more with people of retirement age	+4pp			
% who have met socially several times a week or more with people who are disabled	+3pp		+4pp	
% who would feel happy getting in touch with some or more people from a different religious background to ask for advice or a favour (QD3)	+6pp		+6pp	+7pp
% who would feel happy getting in touch with some or more people from a different school or college to ask for advice or a favour	+5pp			
% who would feel happy getting in touch with some or more people from a richer or poorer background to ask for advice or a favour	+4pp		+6pp	
% who would feel happy getting in touch with some or more people from a different race or ethnicity to ask for advice or a favour		+6pp	+6pp	+11pp
% who would feel happy getting in touch with some or more people who are gay or lesbian to ask for advice or a favour			+7pp	
% who would feel happy getting in touch with some or more people of retirement age to ask for advice or a favour				
% who would feel happy getting in touch with some or more people who are disabled to ask for advice or a favour				
% agree that people from different backgrounds get on well together in my local area (QC5)	+7pp		+9pp	

Outcome	Summer 2013 Impact		Autumn 2013 Impact	
	Initial	One year on	Initial	One Year on
<b>Transition to adulthood</b>				
% planning to study full time for A/AS Levels in a sixth form or college in the next few months/next Autumn (September/October 2015) (QE9)				
% planning to study full-time for another qualification (excluding A/AS Levels) in the next few months /next Autumn (September/October 2015)	+5pp		+6pp	
% planning to do an Apprenticeship or similar type of training in the next few months /next Autumn (September/October 2015))				
% planning to do paid work (full-time or part-time)/full-time job in the next few months/next Autumn (September/October 2015))			+8pp	
% planning to undertake voluntary help or community work in the next few months (no longer asked at the one year on follow-up)			+6pp	
% planning to care for a friend or family member in the next few months/next Autumn (September/October 2015)				
% planning to look for work on being unemployed in the next few months/next Autumn (September/ October 2015)				
% planning to study full-time for a degree or other higher education qualification in the next few months/next Autumn (September/October 2015)				
% planning to look after the home or children in the next few months/next Autumn (September/October 2015)				
% planning to do something else in the next few months/next Autumn (September/October 2015)	-3pp			
% with no plans for in the next few months/next Autumn (September/ October 2015)				
% agree that "a range of different career options are open to me" (QE10)	+6pp		+6pp	

Outcome	Summer 2013 Impact		Autumn 2013 Impact	
	Initial	One year on	Initial	One Year on
% disagree that "I'm not interested in doing any more learning"				
% agree that "studying to gain qualifications is important to me"	+4pp		+3pp	
% agree that education is worthwhile	+4pp		+5pp	
% disagree that how well you get on in this world is mostly a matter of luck (QF2)	+9pp			
% agree that "I can pretty much decide what will happen in my life"	+5pp		+9pp	
% disagree that "even if I do well at school, I'll have a hard time getting the right kind of job"			+5pp	
% agree that if someone is not a success in life, it is usually their own fault				
% agree that "working hard now will help me get on later in life"		-3pp		
% disagree that "people like me don't have much of a chance in life"				
% agree that if you work hard at something, you'll usually succeed				
% who feel confident in "having a go at things that are new to me" (QF1)	+12pp	+8pp	+9pp	+8pp
% who feel confident in being able to make decisions	+10pp	+10pp	+7pp	
% who feel confident in getting things done on time	+9pp	+7pp	+7pp	
% who feel confident in staying away without family or friends	+6pp		+8pp	
% who feel confident in "managing my money"	+5pp	+6pp	+7pp	
% agree that "I stay calm when I face problems" (QF3)	+9pp		+13pp	+14pp
% agree that "I can usually handle what comes my way"	+7pp	+6pp	+8pp	
% agree that "when things go wrong I usually get over it quickly"	+7pp	+6pp		

Outcome	Summer 2013 Impact		Autumn 2013 Impact	
	Initial	One year on	Initial	One Year on
% agree that "I like to finish things once I've started them"	+6pp			
% agree that "I find it easy to learn from my mistakes"	+5pp			
% agree that "I enjoy doing new things"	+5pp		+7pp	+8pp
% who say the following statement is quite/just like them: "some young people want to sort out the problems in their lives" (excluding those who said they had no problems) (QF8)	-6pp	-5pp		
% who say the following statement is quite/just like them: "some young people want to stay out of trouble" (QF8)				
% who feel the things they do in their life are completely worthwhile (score of 10 out of 10) (QF7)	+9pp	+5pp	+7pp	
% who did not feel anxious at all yesterday (score of 0 out of 10) (QF6)	+8pp	+12pp	+4pp	+6pp
% who feel completely satisfied with life nowadays (score of 10 out of 10) (QF4)	+6pp	+3pp	+6pp	
% who felt completely happy yesterday (score of 10 out of 10) (QF5)	+4pp			
Mean score for how anxious they felt yesterday (where 10 is completely anxious) (QF6)	-0.8	-1.13	-0.4	-0.85
Mean score for satisfaction with life nowadays (where 10 is completely satisfied) (QF4)	+0.6			
Mean score for how happy they felt yesterday (where 10 is completely happy) (QF5)	+0.5		+0.6	
Mean score for how worthwhile they feel the things they do in their life are (where 10 is completely worthwhile) (QF7)	+0.5		+0.6	+0.36
% who have not had 6 units of alcohol on single occasion in the previous month (QG1)	+6pp	+8pp	+5pp	
% who have not smoked any cigarettes in the previous week(QG2)	+4pp		+4pp	+7pp



Outcome	Summer 2013 Impact		Autumn 2013 Impact	
	Initial	One year on	Initial	One Year on
% who were physically active for at least 30 minutes each day for the past seven days (not measured in the one year on follow-up)				
<b>Teamwork, communication and leadership</b>				
% who feel confident in being the leader of a team (QF1)	+18pp	+18pp	+15pp	+12pp
% who feel confident in explaining ideas clearly	+18pp	+13pp	+13pp	+11pp
% who feel confident in putting forward ideas	+16pp	+12pp	+17pp	+14pp
% who feel confident in meeting new people	+17pp	+15pp	+12pp	+15pp
% who feel confident in working with other people in a team	+10pp	+7pp	+8pp	
% agree that "I get along with people easily" (QF3)	+9pp	+7pp	+8pp	+9pp
% agree that "I try to treat other people with respect"	+3pp		+4pp	
<b>Community involvement</b>				
% who feel they know a great deal/fair amount about how to tackle a problem in their local area (QC6)	+21pp	+11pp	+22pp	+12pp
% agree that they understand the organisations and people that have influence in their local area (QC5)	+13pp		+18pp	+10pp
% agree that "I feel able to have an impact on the world around me"	+17pp		+8pp	+13pp
% agree that "I feel I can make a difference when working with others"	+6pp		+9pp	
% agree that "I am someone others can rely on"	+4pp		+5pp	+6pp

Outcome	Summer 2013 Impact		Autumn 2013 Impact	
	Initial	One year on	Initial	One Year on
Hours in total spent on formal and informal volunteering over the last month (excluding time spent on the social action project as part of NCS) (QC4)	+6.3	+6.9	+5.6	+7.3
% who have taken part in a youth group at place of worship outside of school or college hours in the last three months/past year (QC1a)				
% who have taken part in a sports club/team outside of school or college hours in the last three months/past year				+10pp
% who have taken part in an art, drama, dance or music club/group outside of school or college hours in the last three months/past year		-4pp		
% who have taken part in another youth club/community centre outside of school or college hours in the last three months/past year				
% who have taken part in a holiday club/scheme outside of school or college hours in the last three months/past year				
% who have taken part in Scouts or Guides (including Explorer or Venture Scouts, Ranger Guides) outside of school or college hours in the last three months/past year				
% who have taken part in an Army Cadet Force or Corps outside of school or college hours in the last three months/past year				
% who have taken part in the Duke of Edinburgh Award scheme outside of school or college hours in the last three months/past year	+2pp	+4pp		
% who have taken part in any other youth activities outside of school or college hours in the last three months/past year				
% who have taken part in none of these activities outside of school or college hours in the last three months/past year				
% who have helped out at a local club, group, organisation or place of worship outside of school	+7pp			

Outcome	Summer 2013 Impact		Autumn 2013 Impact	
	Initial	One year on	Initial	One Year on
or college hours in the last three months/past year (QC2a)				
% who have helped out other organisations outside of school or college hours in the last three months/ past year			+7pp	
% who have raised money for charity (including taking part in a sponsored event) outside of school or college hours in the last three months/past year		-5pp		
% who have contacted someone (e.g. council, media, school) about something affecting your local area outside of school/ past year or college hours in the last three months				+6pp
% who have organised a petition or event to support a local or national issue outside of school or college hours in the last three months/past year				
% who have done something to help other people, or to improve a local area outside of school or college hours in the last three months/past year				
% who have done none of these things outside of school or college hours in the last three months/past year				
% who have helped out by doing shopping, collecting pension, or paying bills for someone not in their family in the last three months/past year (QC3a)			+7pp	
% who have helped out by cooking, cleaning, laundry, gardening or other routine household jobs for someone not in their family in the last three months/past year			+6pp	
% who have helped out by decorating, or doing any kind of home or car repairs for someone not in their family in the last three months/past year		+3pp		
% who have helped out by babysitting or caring for children not in their family in the last three months/past year				
% who have helped out by taking care of someone who is sick or frail not in their family in the last				

Outcome	Summer 2013 Impact		Autumn 2013 Impact	
	Initial	One year on	Initial	One Year on
three months/past year				
% who have helped out by looking after a pet for someone not in their family who is away in the last three months/past year				
% who have helped out by helping someone not in their family with a university or job application in the last three months/past year				
% who have helped out by writing letters or filling in forms for someone not in their family in the last three months/past year				
% who have helped out by helping out someone not in their family in some other way in the last three months/past year		+5pp	+6pp	
% who have done none of these for people not in their family in the last three months/past year				
% who say they are absolutely certain to vote (10 out of 10) (QC7)	+7pp	+5pp	+9pp	
Mean score for likelihood to vote (scored from 0 to 10 where 10 is absolutely certain to vote)				+0.37



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