



MAIN STREAM GRANTS PROGRAMME 2015/18 GRANT SPECIFICATION

THEME: Provision of Prevention, Health and Wellbeing Services

1. Basis of Need and scope of activities

We are seeking applications from Third Sector organisations based in Tower Hamlets that bring about the outcome of improved health and wellbeing of vulnerable adults and families, young people in transition, older people and those with disabilities including sensory and learning disabilities, living in Tower Hamlets and that in particular:

- enhance the lives of people, who may be at risk of, or are already experiencing, social isolation or gradually losing their independence
- address low levels of participation in sport and physical activity and associated health risks in some parts of the borough
- support their wellbeing through healthy lives activities including healthy eating and health promotion/awareness sessions
- retain a knowledge of other services supporting the above target groups in order to provide basic information, advice and signposting and facilitate access to other relevant services
- increase community cohesion

2. Target Outcomes

Proposed services will contribute to the following outcomes:

- Improved health, (including mental health and dementia), and wellbeing in adults, including older adults
- Reduced loneliness and social isolation
- Greater sense of community cohesion
- Increased knowledge about where to go for information and advice

Priority will be given to activities that:

- Increase number of vulnerable residents, as outlined in paragraph 1, leading healthier lifestyles through improved diets, taking regular exercise and related activities, including attending lunch clubs (for those aged 50+)
- Improve emotional health and wellbeing of the adult population of Tower Hamlets
- Reduce loneliness and social isolation
- Contribute to greater community cohesion
- Increase knowledge about where to go for advice and information
- Improve health and well-being through access to cultural activities that brings people together, allows for self-expression including projects around memory and cross generational activity
- have flexibility to meet new and emerging needs and respond to the multiple and complex needs of the intended target groups;
- provide access to volunteering and intergenerational projects
- improve the capacity of local sports clubs, in particular:
 - to improve the skills of coaches working with older people at all coaching levels
 - to improve the skills of coaches at higher qualification levels
 - to enhance the sport offer for people with disabilities
- activities that increase the level of physical activity amongst those residents who are currently inactive, to raise activity levels to at least 3 x 30 minutes of moderate levels of physical activity as defined by Sport England

3. Expected Outputs

We expect organisations seeking to provide prevention/health and wellbeing services to set targets in their service proposals for the following outputs where appropriate:

- Number of new users that will be accessing the services
- Numbers of existing users that will be accessing the services
- Where applicable, percentage of users retained throughout the programme/project
- 100% of staff who work directly with service users have an enhanced DBS check and are employed under safer recruitment scrutiny
- 100% of staff attend training and professional development courses
- At least one third of a voluntary organisation's management committee (appropriate individuals to be nominated by the organisation) should attend capacity building training
- 100% recording of user profile data under the nine protected characteristics
 - age
 - disability
 - gender reassignment
 - marriage and civil partnership
 - pregnancy and maternity
 - ethnicity

- religion and belief
- gender
- sexual orientation

- 100% recording of number of users taking up services
- Evidence of sustainability planning, e.g. applications to external funding bodies

4. Expected Other Outcomes

We expect organisations seeking funding to demonstrate how their service will contribute towards making a difference to the following performance indicators, some of which are contained within the Government's Single Data List¹, and others which are contained within the Council's Strategic Plan² and the Public Health Outcomes Framework Indicators (PHOFI)³.

Indicator	Short Description
Strategic 615	% of people who believe people from different backgrounds get on well together in their local area (Annual Residents Survey)
No reference	Adult participation in sport and active recreation (Active People Survey)
No reference	Maintain the average level of walking within the borough (indicator currently under development)
PHOFI	Improving the wider determinants of health: social connectedness
PHOFI	Health improvement: self-reported wellbeing
PHOFI	Health improvement: proportion of adults 'inactive'
PHOFI	Health improvement: adults achieving at least 150 minutes of physical activity per week
PHOFI	Health improvement: falls & injuries in the over 65s
PHOFI	Healthcare public health and preventing premature mortality: health related quality of life for older people
PHOFI	Healthcare public health and preventing premature mortality: hip fractures in over 65s

We will require organisations seeking funding, to collect baseline information on new service users e.g. on levels of physical activities, smoking status, consumption of

¹ <https://www.gov.uk/government/publications/single-data-list>

² http://www.towerhamlets.gov.uk/lgsi/800001-800100/800022_community_plan/strategic_plan_2014-15.aspx

³ <http://www.phoutcomes.info/>

fruit/vegetables, increased health and wellbeing etc. so that future evaluation measures can be assessed against these.

Providers will notice that some of the above indicators are measured through national surveys. As such we recognise that providers will not be able to directly attribute their activities to survey results. However, we expect service proposals to outline how service activities contribute to improving performance against the Council's and Strategic Partnerships national indicators.

Providers should develop and outline methods for demonstrating their contribution to appropriate indicators. For example, in the case of physical activity we would expect to see service proposals focusing on those members of the community who are currently inactive and engage them in the recommended amount of physical activity. Activities should target those who are inactive rather than providing services for those who are already engaging in physical activities.

Service providers should be able to evidence this targeting and need to have appropriate systems in place to demonstrate their contribution in monitoring returns. For example increased mental health and wellbeing can be measured by using the Short Warwick Edinburgh Mental Well-Being Scale; further information can be found at <http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/>

Similar targeting and refining of services may be required in relation to other national indicators. Detailed definitions of the Single Data List can be found at:

<http://www.communities.gov.uk/localgovernment/decentralisation/tacklingburdens/singledatalist/>

5. Beneficiaries and Priority Groups to be Targeted

Vulnerable families, young people in transition, older people and those with disabilities, and mental health/dementia problems, where need can be demonstrated and evidenced in the area(s) of delivery.

6. Required Geographic Coverage

We wish to fund services that provide a good geographical spread across the borough through a range of accessibly located sites.

7. Geographic Coverage of Physical Activity Projects

We specifically wish to fund projects and activities encouraging increased levels of physical activity in those parts of the borough which have been identified as having the lowest levels of participation. Preference will therefore be given to services provided in areas of lowest participation as identified through the Sport England Active People Survey.

8. Geographical Coverage of Projects Aimed at People Aged 50+

We specifically wish to fund projects and activities that address specific issues that are more prevalent in some parts of the borough such as social isolation and the prevalence of falls.

9. Quality Standards

Organisations must have Quality Assurance Standards appropriate to the area of work for which funding is being sought, or have plans to obtain appropriate Standards within the first year of funding.

- Staff and volunteers involved in service delivery must have enhanced Disclosure and Barring Service checks in place and be suitable to carry out their assigned job activities.
- Staff and volunteers must also have appropriate training, accreditations, qualifications and experience to provide the proposed services.
- Organisations must have appropriate health and safety and first aid procedures including appropriately qualified staff in place.
- Organisations must also have a successful track record of delivering similar services in the borough.
- Organisations should as far as possible support the Mayor's priority around local employment by encouraging volunteering and employment of local residents.
- The service provision is able to operate in compliance with an approved quality assurance standard, for example PQASSO quality assurance framework for small voluntary organisations/charities, to enable an appropriate level of service delivery.

Organisations wishing to bid to provide sports/physical activities will have to demonstrate that:

- Individuals engaged in the delivery of projects to raise levels of physical activity to have the following qualifications and registrations:
 - Level 2 coaching
 - Level 2 on the Register of Exercise Professionals
- Able to meet the language needs of clients through the use of bi-lingual staff, volunteers or use of translation services where required.

Organisations wishing to bid for older people lunch club services with the provision of meals will have to demonstrate that:

- Premises are registered with the Council's Environmental Health Team (foodsafety@towerhamlets.gov.uk, 0207 364 5008) and have achieved a minimum food hygiene rating of three
- There is a commitment to achieve at least a standard level Food for Health award.

- Where meals are supplied by external caterers/restaurants, they need to have a food hygiene rating of at least three and hold at least the standard level Food for Health award.
- A service user contribution is collected for each hot meal served. The minimum value of this is determined by the Council. This is currently set at £2.40, which is the same contribution made by someone who meets eligibility criteria (under FACS) for a community meal through the meals on wheels service.

10. Equal Opportunities

Organisations must ensure that:

- Activities are open and available to all potential users in the area where the service is being delivered. However, we would like to give consideration to funding such services which encourage the meeting and coming together of people from a variety of backgrounds.
- The needs of service users, including linguistic, disability, cultural and religious needs, are taken in to consideration in the service provision;
- They operate activities from safe and secure premises that are accessible to people with disabilities and meet legal Health & Safety requirements;
- Barriers which may exclude individuals from participation are addressed and budgeted for in the proposed activities.
- In particular, in relation to increasing levels of physical activity, activities for women from ethnic minority backgrounds should be a key feature.
- Whilst we are expecting to fund specific services for people with disabilities and for older people, we expect all service providers to deliver inclusive services (where funding streams are not targeted specifically).

Applications also need to demonstrate that they give due regard to the public sector general equality duty as set out in the Equality Act 2010:

- Eliminate unlawful discrimination, harassment and victimisation and other conduct prohibited by the Act.
- Advance equality of opportunity between people who share a protected characteristic and those who do not.
- Foster good relations between people who share a protected characteristic and those who do not.

11. Requirements for Tracking, Onward Referral and Progression

- A new regime of monitoring, standardised across all Mainstream Grant funding streams, is due to be introduced in time for the MSG 2015-18 programme.
- In addition, applications should demonstrate how they will ensure the sustainability of their proposed projects, e.g. funding applications to external funders.
- Priority will be given to applications that propose new projects and innovative approaches. Applications from ongoing projects need to demonstrate additionality, e.g. new elements, new partnerships that build on the achievements of the existing project.

- Priority will be given to applications that can demonstrate value for money for LBTH, e.g. match funding, enhanced partnership working and pooling of resources.

12.No. of Grants to be Allocated by Type and Size

- *To be added post grants meeting, once budget has been agreed.*

13.Guidance on Delivery Methods

We wish to fund services that are well publicised, including the times when activities will take place, where they will take place and relevant contact details; the use of a wide range of publicity methods is required.

We require all successful organisations to advertise their service on the Council's eMarketplace and evidence what other publicity methods are being used to reach potential service users, including those that are hard to reach.

Applicant organisations will also need to demonstrate that they:

- Involve local people and beneficiaries in how they design, run and review their services;
- Plan and deliver flexible and responsive services that are open to everyone, and user-led
- Follow the key principles of respect, dignity, and rights of vulnerable people
- Ensure cultural sensitivity and appropriateness in the delivery of services
- Work in partnership and are involved in local networks with other groups;

14.Options for Consortium Bidding and Partnership Working

As the demand for prevention, health and wellbeing services increases, we look to enhance service provision through supporting and encouraging the development of partnership working. We strongly encourage the development of consortium arrangements between providers to maximise both the use of resources as well as ensuring the use of specialist organisational knowledge and expertise in working with the target beneficiary group; some of our priorities are designed with this in mind. Service providers should also develop effective referral links with other providers delivering services to those in the community who are most disadvantaged. We also would like to strongly encourage organisations to work innovatively in partnership with other organisations/agencies as well as encourage accessing external funding to increase the sustainability of projects.