

MAIN STREAM GRANTS 2015/18 SPECIFICATION

Theme: Prevention Health and Wellbeing Services

1. Basis of Need and scope of activities

1.1 We are seeking applications from Third Sector organisations based in Tower Hamlets that bring about improved health and wellbeing outcomes for vulnerable adults, including older people, and those with disabilities including mental ill health, and carers living in Tower Hamlets. We wish to fund services that have a good geographical spread through a range of accessibly located sites within the following ward clusters:

<p>NW Ward Cluster</p> <p>Bethnal Green Spitalsfield and Banglatown St Peters Weavers</p>	<p>NE Ward Cluster</p> <p>Bow East Bow West Bromley North Bromley South Mile End</p>
<p>SW Ward Cluster</p> <p>Shadwell St Dunstan's St Katherine's and Wapping Stepney Green Whitechapel</p>	<p>SE Ward Cluster</p> <p>Blackwell and Cubbit Town Canary Wharf Island Gardens Lansbury Limehouse</p>

1.2 In particular, we wish to encourage applications that

- 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
- encourage the engagement of local residents, particularly vulnerable and hard to reach groups, to participate in lifelong learning and to develop local residents to become learning champions in their communities

2. Target Outcomes

2.1 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

2.2 Priority will be given to activities that:

- Increase the number of vulnerable residents leading healthier lifestyles through, for instance, improved diet, 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 through, for example, befriending
- Contribute to greater community cohesion
- Increase knowledge about where to go for advice and information
- Improve health and well-being through access to events and 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

- Organisations are expected to develop outcome measurements for their activities
- Organisations are expected to demonstrate how they will achieve borough wide reach

3. Expected Outputs

3.1 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

4.1 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

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

others which are contained within the Council's Strategic Plan² and the Public Health Outcomes Framework Indicators (PHOFI)³.

4.2 Indicators

- % of people who believe people from different backgrounds get on well together in their local area (Annual Residents Survey)
- Adult participation in sport and active recreation (Active People Survey)
- Maintain the average level of walking within the borough (indicator currently under development)
- Improving the wider determinants of health: social connectedness
- Health improvement: self-reported wellbeing
- Health improvement: proportion of adults 'inactive'
- Health improvement: adults achieving at least 150 minutes of physical activity per week
- Health improvement: falls & injuries in the over 65s
- Preventing premature mortality: health related quality of life for older people
- Preventing premature mortality: hip fractures in over 65s

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

4.4 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.

4.5 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.

4.6 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/>

4.7 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:

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

³ <http://www.phoutcomes.info/>

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

4.8 Further information to evidence need and target appropriate groups see links to

- Personal Social Services Carers Survey - <http://www.phoutcomes.info/search/social%20isolation#gid//pat/6/ati/102/page/0/par/E12000007/are/E09000030>
- Tower Hamlets Mental Health Strategy - http://www.towerhamletsccg.nhs.uk/Get_Involved/TH%20MH%20Strategy.htm

5. Beneficiaries and Priority Groups to be Targeted

5.1 Vulnerable adults, including older people, those with disabilities including sensory and learning disabilities, and mental ill health and dementia in Tower Hamlets, where need can be demonstrated and evidenced in the area(s) of delivery.

6. Required Geographic Coverage

6.1 We wish to fund services that provide a good geographical spread across the borough through a range of accessibly located sites, but also projects and activities that address specific issues that are more prevalent in some parts of the borough, for example, social isolation, the prevalence of falls or mental ill health.

6.2 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.

7 Quality Standards

7.1 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 should demonstrate wherever possible, a successful track record of delivering similar services preferably 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 will pay the London Living Wage

7.2 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 evidence that they have appropriate qualifications and registration with appropriate bodies:
- Able to meet the language needs of clients through the use of bi-lingual staff, volunteers or use of translation services where required.

7.3 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. This contribution will be reflected in the final award as the Council assumes that this will be collected from service users.

8. Equality Opportunities

8.1 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).

8.2 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 the 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

9. 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 beyond the end of this funding agreement, 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.

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

- 10.1 The budget for **lunch club projects** will be £328,000 per annum; this funding will be allocated to fund a range of lunch club projects in each of the four ward clusters which also offer an element of healthy living advice. Those lunch clubs which offer a borough wide service to meet specific needs will need to explain how the delivery of the service will be orchestrated to reach across the borough.

- 10.2 Successful organisations will receive their allocated MSG award and there will be no other subsidies. An assumption will be made that service user contribution in line with day services and meals in the home will be collected and any funding awarded will be allocated on the basis of this assumption.
- 10.3 The prevention, health and wellbeing budget will be £242,000 per annum. It should be noted that current Prevention, Health and Wellbeing projects will be funded to the end of their current contractual arrangements and, if they are successful in this current round, the duration of the new contract will be varied to ensure co-terminus with other grant programmes. The sports and lifelong learning element of the funding will be £209,000 per annum.

11 Guidance on Delivery Methods

- 11.1 We require 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.
- 11.2 We require all successful organisations to advertise their service on the Council's e-Marketplace and evidence what other publicity methods are being used to reach potential service users, including those that are hard to reach.
- 11.3 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
 - Demonstrate how they will maximise reach across the borough
 - 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;

12 Options for Consortium Bidding and Partnership Working

- 12.1 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 and collaborative 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.
- 12.2 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.