

Commissioning Specification

Introduction

Funding will be available to commission the service for a period of 10 months with a start date of July 1st 2007.

Expressions of interest should be submitted on the template provided and addressed as below to arrive no later than Friday 1st June at 5pm

Private and Confidential
(Ref: PA HCOP
Shirley Allen
OMBC
Level 14 Civic Centre
West St
Oldham
OL1 1XL

Programme Specification

Activity to be Commissioned	<p>Title of Project</p> <p>Physical Activity Promotion in Alexandra, St Mary's and Coldhurst wards</p>
Objective	<p>To promote an increase in physical activity undertaken by residents residing in some of the most deprived wards of Oldham by utilising a community development approach, and working in association with the Primary Care Trust's community nutrition team and extended school programme to contribute to weight management programmes.</p>
Target groups	<p>Residents of Alexandra, St Mary's, Coldhurst and Medlock Vale wards</p>
Number and type of beneficiaries	<p>Target groups include the following residents of Alexandra, St Mary's, Coldhurst and Medlock Vale :</p> <ul style="list-style-type: none"> ▪ Young people ▪ Families ▪ Over 50s ▪ BME Communities ▪ Residents with Coronary heart disease (post phase four cardiac rehabilitation), Diabetes, Stroke, Obesity, those identified by general practitioners as having a high risk of cardiovascular disease ▪ Referrals from Health Trainers <p>The provider will be expected to work in association with:</p> <ul style="list-style-type: none"> ▪ The Primary Care Trust's: <ul style="list-style-type: none"> ▪ Community Health Development Teams ▪ Health Trainers, Extended School and Self Care Programmes ▪ School nurses and Health visitors within the Extended school and Children centres
Interventions	<p>The delivery will provide a range of evidence based community interventions to increase physical activity, and to support weight management programmes run by the Primary Care Trust's community nutrition workers and extended school programme.</p> <p>The interventions delivered will be expected to follow a community health development model raising awareness of health issues, encouraging participation and empowering the local community to take action to improve their levels of physical activity.</p> <p>In addition the activities should be deigned to promote mental well-being, provide volunteering experience and training, enhancing local residents self esteem and employability and promoting community cohesion.</p> <p>The provider will also provide brief intervention advice on other lifestyle</p>

	<p>issues such as smoking and alcohol to clients attending the exercise sessions and signpost them to NHS and other services where relevant.</p> <p>Varying activities / sessions promoting physical activity should be offered for different target groups and abilities, including specific sessions for BME women, over 50s and families.</p> <p>Physical activity sessions:</p> <ul style="list-style-type: none"> ▪ Should be design to fill gaps, not duplicate, other local provision. ▪ Be community based and be <ul style="list-style-type: none"> ❑ Based on theories of behaviour change, which teach behavioural skills and which are tailored to individual needs ❑ Promote moderate intensity physical activity, particularly walking, and not facility-dependent ❑ Incorporate regular contact with an exercise specialist or trained volunteer ❑ Accessible to all community groups, including BME women and those with physical and learning disabilities ▪ Should support: <ul style="list-style-type: none"> ❑ Weight management programmes provided by the PCT – provide exercise sessions attached to the weight monitoring and nutrition sessions ❑ Early years physical activity programmes in children centres ❑ Healthy living/weight management activities delivered in the extended school setting ❑ The PCT's developing Well being support programme for patients with severe mental illness ▪ Will provide training and volunteering opportunities for local residents e.g. walk leaders, sport coaches. <p>Examples of activities could include walking/cycling groups, exercise to music, aerobics, chair based activities for older persons, badminton, netball, swimming, table tennis.</p> <p>All activities and events are to be:</p> <ul style="list-style-type: none"> ❑ Provided at a very local level to increase accessibility. ❑ Culturally appropriate and accessible. ❑ Designed to promote community cohesion ❑ Delivered from a range of venues, on a range of times including evenings and weekends.
Duration of programme	1 st July 2007 to 31 st March 2008
Funding available	Up to £54,000

Relevant Local Area Agreement Indicators and Targets to which the Activity will Contribute	Ref	LAA Indicator	Overall LAA Target	Specific nature of work contributing towards achievement of the LAA Target
	1	Proportion of the surveyed population reporting participation in 30mins or more of moderate physical activity on at least three days per week. Proportion of the populations living in the wards of Oldham with the highest premature mortality rates participating in 30 minutes of moderate physical activity on a minimum of three days per	2007/08 24% (52,158) 19.5% (12,807)	A range of community based physical activity opportunities will be promoted and delivered and residents will be encouraged to incorporate exercise into their daily routines.
	2	Children's and young peoples block: % Incidence of Obesity amongst children aged 11	25%	By promoting physical activity amongst parents and by working with the school nurses and health visitors provide physical activity components to healthy living/weight management programmes in children centres and the extended schools of the target wards.
Additional requirements and information	<p>The delivery agent will be expected to work closely with:</p> <ul style="list-style-type: none"> ▪ the Primary Care Trust's Community Health Development Team's (including the community nutrition workers), other teams within the PCT's Health improvement team (for example the extend schools health coordinator and health trainer programme) and Health Visiting and school nursing teams ▪ Children centres and extended schools in Oldham ▪ Community and faith groups ▪ Other partners as relevant <p>The delivery agent will be expected to undertake an evaluation of the activity undertaken including uptake statistics and qualitative feedback from stakeholders (clients, partner organisation and their staff).</p>			

