

Keeping People Stronger for Longer

Delivery Partner Proposal Information – Physical Activity

We are looking to work with partners to develop sustainable activity that will prevent, or delay, **frailty or cardiovascular** health issues for Huntingdonshire residents.

This programme aims to **PREVENT** these conditions by getting the inactive, active.

Any proposals **must** address one or more of the following using the principle of **Do – Enable - Influence**, in line with the 2023-28 HDC [Corporate Plan](#):

- Physical Activity – Frailty
- Physical Activity - Cardiovascular Disease Prevention

We want to hear your ideas first before you apply. (*Details at the end of*

document) Before contacting us please consider:

- **What** are you proposing to do?
- **Where** are you proposing to hold your activity?
- **When** will you be ready to start and for how long, including sustainability?
- **How** are you going to measure the impact of your activity?
- **Who** is your activity targeted at and how will you identify and connect with them?

What?	<p>Activities that make the inactive, active. You can work with us in three ways to help us deliver prevention activities.</p> <ol style="list-style-type: none"> 1. Become a delivery Partner – run the activity yourself, 2. Be a host for an activity run by our Active Lifestyles team, 3. Identify residents that could attend existing or new activities run by our Active Lifestyles team.
Where?	<p>We are particularly interested in activities that are held deep inside communities and are easily accessible. <i>Please check that what you are offering is not already available in your area.</i></p>
When?	<p>Consider the time you are offering your activity. Make sure it is a time that suits most of the people you are targeting e.g., no point is organising a dad’s football club during a weekday when most are at work.</p>
How?	<p>All activities/offers need to be sufficiently targeted and measurable, including:</p> <ul style="list-style-type: none"> • Showing clear impact and outcomes for residents • Demonstrating how it has supported closer collaboration and partnership working, • Showing how the budget has been spent and a demonstrable return on investment, • Creating case studies of the benefit of the project from the user’s perspective, • Being able to provide an analysis of unsuccessful projects outlining any contributing factors for this, • Sharing any learning for future initiatives.
Who?	<p>Any Huntingdonshire resident identified as in a group at risk of becoming frail or developing cardiovascular disease as identified below. Your proposal must work with one of these groups and address one or more of the issues highlighted.</p>

Frailty

NHS England describes frailty as a loss of resilience that means people don't bounce back quickly after a physical or mental illness, an accident or other stressful event.

The Rockwood Frailty scale is commonly used by NHS Trusts and as an accredited data tool for evaluation of frailty. For the purpose of this programme, we are interested in residents at risk of becoming frail or more frail. i.e., levels 3 & 4.

CLINICAL FRAILTY SCALE

	1	VERY FIT	People who are robust, active, energetic and motivated. They tend to exercise regularly and are among the fittest for their age.		6	LIVING WITH MODERATE FRAILTY	People who need help with all outside activities and with keeping house . Inside, they often have problems with stairs and need help with bathing and might need minimal assistance (cuing, standby) with dressing.
	2	FIT	People who have no active disease symptoms but are less fit than category 1. Often, they exercise or are very active occasionally , e.g., seasonally.		7	LIVING WITH SEVERE FRAILTY	Completely dependent for personal care , from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~6 months).
	3	MANAGING WELL	People whose medical problems are well controlled , even if occasionally symptomatic, but often are not regularly active beyond routine walking.		8	LIVING WITH VERY SEVERE FRAILTY	Completely dependent for personal care and approaching end of life. Typically, they could not recover even from a minor illness.
	4	LIVING WITH VERY MILD FRAILTY	Previously "vulnerable," this category marks early transition from complete independence. While not dependent on others for daily help, often symptoms limit activities . A common complaint is being "slowed up" and/or being tired during the day.		9	TERMINALLY ILL	Approaching the end of life. This category applies to people with a life expectancy <6 months , who are not otherwise living with severe frailty . (Many terminally ill people can still exercise until very close to death.)
	5	LIVING WITH MILD FRAILTY	People who often have more evident slowing , and need help with high order instrumental activities of daily living (finances, transportation, heavy housework). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation, medications and begins to restrict light housework.				

Cardiovascular Disease

Cardiovascular disease (CVD) is a general term for conditions affecting the heart or blood vessels. CVD is one of the main causes of death and disability in the UK, but it can often largely be prevented by leading a healthy lifestyle.

You are at greater risk of CVD if you:

- Have diabetes,
- Have a family history of heart disease,
- Are a smoker,
- Are from a Black, Asian or minority ethnic background,
- Have high blood pressure,
- Are over 50, your risk of developing it increases as you get older,
- Have an unhealthy diet,
- Drink alcohol to excess,
- Have high cholesterol,
- Are overweight or obese,
- Are inactive.

People who don't exercise regularly are more likely to have high blood pressure, high cholesterol levels and be overweight. Exercising regularly will help keep the heart healthy. When combined with a healthy diet, exercise can also help maintain a healthy weight.

The types of activity we want to deliver:

(This list is not exhaustive, and we are happy to discuss any proposals that meet the aim of the programme)

- New physical activities in the community for a particular target audience
 - Delivered by our Active Lifestyles Team
 - Delivered by another organisation or community group
- Working with existing groups to get them more active. E.g., A Men’s Shed could introduce an exercise activity as part of their regular session.
- Alternatively, a club/organisation could commit to a number of their members attending an existing activity regularly, for a set amount of time, at the end of which we would pay the club/organisation an amount per person, which would go into club/organisation funds.
- New moderate exercise activities that raise the heart rate e.g., gardening, a walking/nature group, dancing.

Please contact:

Health Inequalities Project Manager, Anna Bradley-Dorman or Senior Active Lifestyles Officer, Hannah Postlethwaite, health.inequalities@huntingdonshire.gov.uk

Please note all organisations submitting proposals will need to adhere to the Minimum Requirements outlined below if their proposal is accepted. *(Exception – organisations that hold the Hunts Forum ‘Good to Go’ accreditation)*

HDC Delivery Partners: Minimum Requirements

Minimum Requirement HDC Delivery Partners	Additional Requirements for Orgs with Paid Staff	Requirements if Business (HDC Procurement) *
Governing document and names and address of 3 unrelated members of management committee/ directors/trustees		
Adult & Child/Vulnerable Person Safeguarding Policy that is substantially aligned with that of HDC		
Data - Privacy & GDPR Policy		
A bank statement (within the last 3 months). to verify organisation’s banking details Must be an ORGANISATIONAL Account with unrelated signatories	Financial Procedures	'...in place systems to deal with the prevention of fraud and/or administrative malfunction.'
Annual Accounts or Income/Expenditure doc.		
Appropriate Insurance**	Public Liability/Employers Liability	Public liability (£10m) Employers liability (£5m)
Activity Risk Assessment/Food Hygiene - as required	Health & Safety Policy	'.... comply with the requirements of the Health and Safety Act'
Equality, Diversity & Inclusion Policy - preferred but not essential***	Equality, Diversity & Inclusion Policy	'.... shall not unlawfully discriminate within the meaning and scope of the law!at all times comply with the provisions of the human rights act....'

** This column included for completeness, but this policy is predominantly expected to apply to local voluntary and community organisations (including Town & Parish Councils) to be funded through a grant. Delivery through for-profit commercial entities will not be excluded in principle but will be subject to relevant procurement policies and legislation.*

*** Public liability cover of £5million is the standard. However, groups should check if their insurance covers volunteers and public events.*

**** EDIP is not a legal requirement for organisations without employees, but they must adhere to the [Equality Act 2010](#) and operate within the principles outlined in the [HDC Equality Policy](#). Groups requiring an EDIP will be signposted to the relevant support agencies.*