Healthy Living Service Specification

GRANT AWARD - AMOUNT ALLOCATED £10,000 per annum

The amount allocated will be paid in advance in two stages during the year on a 60/40 basis.

The level of funding will be reviewed after two years, however if for whatever reason there is a need to review the amount allocated then this will be done during monitoring meetings.

Mandatory and discretionary business rates tax relief (subject to eligibility).

Contribution towards car parking costs of volunteers while they are working in the town centre.

Core Service Objective

- To deliver projects which improve poor physical and mental health and increase self-esteem through environmental and outdoor socially based activities.

Minimum Requirements

1. Promote and arrange Health Walks in parks and open spaces in Kettering borough, building on the success of the established Health Walks currently run by Groundwork Northamptonshire in conjunction with Kettering Borough Council.

2. Provide environmentally based outdoor activities to improve the health and well-being of those individuals suffering from low self-esteem and mental and physical health issues.

3. Facilitate stronger links with health care practitioners to increase the possibility of social prescribing.

4. To take an active part in the quarterly meetings of the Kettering Futures Partnership and the Kettering Health and Wellbeing Forum.

Key Outcome

More people benefit from environmental outdoor projects to improve mental health, self-esteem, health and wellbeing, leading to a better quality of life.

Performance indicators
(Performance indicators are to be agreed with successful service provider)
Performance indicators agreed below will be reviewed after the first full year's monitoring results and where necessary revised to ensure the core service objectives are being met.

a) Attendance and provision of performance figures at quarterly monitoring meetings with designated lead officer at Kettering Borough Council.

b) Run a varied programme of outdoor environmental activities, involving volunteers and evidencing healthy outcomes.

c) 4 case studies per annum of action plans in place for people who have taken part in outdoor environmental activities and experienced health benefits.

d) 50 of Health Walks organised and led.

e) 2 of Health Walk locations used.

f) 5 of volunteers trained in Health Walks.

g) Additional funding secured to help increase the value and size of each project.

Added Value

I. Adopt the Borough Council’s Customer Service Standards.

II. Demonstrate partnership working with other voluntary and statutory agencies that help achieve the objectives of this specification.

III. Provide evidence of implementation of Quality Management systems including the quality of data for management purposes.

IV. Explain how your organisation’s activities also support other local priorities (the Council’s Corporate Priorities, the Community Strategy, the Community Safety Partnership Plan and the Health & Wellbeing Partnership Plan).