

Appendix C(ii)

Healthy Living Specification

TOTAL AMOUNT ALLOCATED: £10,000 per annum

(To be split into equal annual amounts with grants being paid in advance in two stages during the year on a 60/40 basis). The grant is subject to review after 2 years.

Mandatory and discretionary council 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 benefit poor physical and mental health and increase self-esteem through environmental and outdoor socially based activities.

Minimum requirements

- 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.
- Provide environmentally based outdoor activities to improve the health and wellbeing of those individuals suffering from low self-esteem and mental and physical health issues
- Facilitate stronger links with health care practitioners to increase the possibility of social prescribing.
- To take an active part in the quarterly meetings of the Kettering Futures Partnership

Outcome

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

Performance indicators

- a) Run a varied programme of outdoor environmental activities, involving volunteers and evidencing healthy outcomes
- b) 4 case studies of action plans in place for people who have taken part in outdoor environmental activities and experienced health benefits

Kettering

Borough Council

- c) 48 Health Walks organised and led
- d) 2 Health Walk locations used
- e) 5 volunteers trained in Health Walks
- f) Additional funding secured to help increase the value and size of each project

Added Value

- I Demonstrate partnership working with other voluntary and statutory agencies that help achieve the objectives of this specification.
- III 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).
- IV Evidence of implementation of Quality Management systems including the quality of data for management purposes.

SIGNED

On behalf of the Management Committee of the Service Provider

Management position of signatory

DATE:

SIGNED

On behalf of Kettering Borough Council

Position of the Signatory within the Council

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DATE: