

Adult Health and Wellbeing Activity Grant Scheme Specification

The Adult Health and Wellbeing Grant Scheme aims to support residents by providing access to entry level, low-cost or free activity to improve their health and wellbeing outcomes.

This Grant Scheme Specification provides Adult Health and Wellbeing delivery partners with information about the standards and requirements of becoming Adult Health and Wellbeing activity providers, supported by Chorley Council.

1. The Provider will display on all their publicity about activity funded by the Adult Health and Wellbeing Activity Grant Scheme reference to the activity being 'supported by Chorley Council'.
2. The Provider will offer at least 8 weeks of programmed activity. This could be enhanced existing provision or new activity, but the activity must meet the requirements as detailed within the agreement and be delivered between 1st August 2023 and 30th November 2023.
3. The provider will offer:
 - a. Free or very low cost (£1 per session) face to face activity for at least 1 hour per week.
 - b. An activity programme that is tailored to meet the needs of either residents who are:
 - i. currently inactive and new to activity, **or**
 - ii. residents who are currently unable to access activity due to financial exclusion including cost of living challenges, **or**
 - iii. residents who align with both of these cohorts.
 - c. An activity programme may encompass or include a broad range of health and wellbeing interventions such as:
 - i. upskilling residents about basic health and wellbeing principles and practices
 - ii. entry level physical activity
 - iii. support for adults getting back into regular physical activity
 - iv. upskilling residents into volunteering opportunities to create sustainable activity beyond the 8 weeks of programmed activity
 - v. Defining opportunities for participants to earn time credits through volunteering.
4. 'Physical activity' refers to a broad spectrum of activity that may sit outside of regular 'exercise' or 'sport' definitions and can encompass less traditional routes into physical activity.
5. Providers will endeavour to engage with Chorley Council events or Chorley Council supported events via the Communities team to promote their activity to residents.

6. The Provider will refer to their own policies and procedures in terms of health, safety, safeguarding and food hygiene. Providers should seek support from Chorley Council to meet these requirements where needed, and at the earliest opportunity.
7. The Provider will agree to the monitoring requirements as detailed below.
8. The Provider will detail how they intend to target key groups.

Terms and Conditions

1. The Provider will ensure that the funding is spent on services in Chorley and for the benefit of Chorley residents. The Provider should demonstrate how they intend to target residents in Chorley.
2. The Provider is expected to comply with all applicable laws including but not limited to health and safety legislation.
3. The Provider is expected to comply with all equality legislation (including the Equality Act 2010 and relevant Codes of Practice and Human Rights Act 1998)
4. The Provider should consider maintaining adequate insurance in an insurance house of repute in respect of employment and public liability claims and shall produce evidence of such insurances to the Council on request.
5. The Provider will comply with all child protection legislation, including having a safeguarding policy in place and obtaining CRB disclosure for staff / volunteers where appropriate, such CRB disclosure to be enhanced if appropriate. This also applies to vulnerable adults.
6. Notwithstanding any other term of this agreement, the Provider hereby gives its consent to the Council to publish this agreement in whatever form the Council decides.

Monitoring

1. Providers will be required to report 4-weekly attendance figures for their Adult Health and Wellbeing activity to laura.hendi@chorley.gov.uk.
2. Providers will collate basic wellbeing data for participants at the start of the programme and at the end of the programme, and will report these scores at the end of the delivery schedule to laura.hendi@chorley.gov.uk
3. Providers will be asked for a case study at the end of their programme delivery to demonstrate how their activity has impacted on one or a group of participants. A template can be provided for this.

Grant Funding

Providers signing up to the Adult Health and Wellbeing Grant Scheme will be eligible to receive a one-off grant payment of **upto £650 per Adult Health and Wellbeing activity**. Providers accessing this fund must:

- Meet the requirements of the Adult Health and Wellbeing Grant Scheme Specification, Terms and Conditions and Monitoring requirements.
- Spend or allocate the funds between 1st August 2023 and 30th November 2023.

- Respond to changes to the emphasis and requirements of the grant scheme, Terms and Conditions and Monitoring requirements as the programme progresses.

What the funding can be spent on:

- Subsidising session charges for new participants into new or existing activity. New participants can be defined as previously unknown to the delivery partner, or returning participants.
- Training individuals to deliver activity in line with the grant scheme specification requirements
- Purchasing additional health and wellbeing resources for participants

What the funding cannot be spent on:

- Subsidising session charges for existing participants into existing provision
- Regular venue-hire charges
- Regular staffing costs
- Training that does not directly result in additional activity for the benefit of residents
- Activity for people who live outside of Chorley

Grant funding will be allocated to ensure a broad and diverse range of activity to meet the needs of Chorley residents across the borough.

If you have any questions about the Adult Health and Wellbeing programme, including how to become a Adult Health and Wellbeing delivery partner, please contact laura.hendi@chorley.gov.uk or 01257 515151.