

## Adult Carers - Fit and Healthy Service

### Service Specifications

1. Aim and Objectives		
<p>The aim of the project is to increase the health and well-being of carers by improving knowledge of physical activity and its health benefits. This will be achieved by ensuring the development of structured individual exercise plans.</p>		
2. Service Description		
<p>The service will offer the access of free exercise and health education to carers with the aim to result in individuals reporting a better sense of well-being. The benefit of implementing the service includes a reduced risk of other health related conditions such as obesity, coronary heart disease and diabetes.</p> <p>The service will outreach organisations working with carers and offer structured exercise plans which will be facilitated by a qualified fitness instructor.</p>		
3. Outcomes / Milestones		
NHS Outcomes Framework Domains & Indicators		
Domain 1	Preventing people from dying prematurely	☐
Domain 2	Enhancing quality of life for people with long-term conditions	
Domain 3	Helping people to recover from episodes of ill-health or following injury	
Domain 4	Ensuring people have a positive experience of care	☐
Domain 5	Treating and caring for people in safe environment and protecting them from avoidable harm	☐
Local defined outcomes		
<p>Expected outcomes include:</p> <ul style="list-style-type: none"> <li>• Improve knowledge of physical activity and its health benefits amongst carers.</li> <li>• Identify perceived barriers to exercising amongst carers.</li> <li>• Work with local organisations to reduced or overcome any barriers to exercise for carers.</li> <li>• Work with individual's carers to reduce or overcome any barriers to exercise</li> <li>• Signpost the informal carer's to social services to inform them about their entitlement to a carer's assessment</li> </ul>		

- Produce a quarterly report on progress of project including feedback on the health and well-being of the carers involved.

#### 4. Scope

##### Population coverage

People registered with a GP Practice in the Kensington and Chelsea (K&C) area. Venues outside the K&C boundary will not be used without written agreement from the Lead Commissioner.

##### Hours of operation

Service will operate Mondays to Fridays 6:30am - 9:45pm, Saturday 8:00am - 5:00pm and Sunday 9:00am - 5:00pm

##### Service Premise

Royal Borough of Kensington and Chelsea.

#### 5. Applicable Service Standards

##### Compliance

The Provider will comply with relevant:

- Applicable local standards set out in this Contract

##### Monitoring

To provide the following information to North West London to enable progress to be monitored:

- Financial information for each quarter covered by the Agreement, using the relevant Financial Reporting Form
- Performance information for each calendar month period covered by the Agreement, using the Performance Reporting Form
- Quarterly service report for the contract reviewing meeting with West London borough team

The North West London ICB may on occasion need to ask for additional monitoring information not contained in this Agreement. As much notice as possible will be given.

In order to avoid any adverse impact upon service users based upon their race, disability, gender, age, sexual orientation, and religion or belief, the service will provide a breakdown of this information as part of the performance monitoring returns.

##### Evaluation

To produce quarterly evaluation information.

#### 6. Information requirements

The service will be required to provide comprehensive data to support the ongoing evaluation of the service.

### **Indicative Activity Plan**

Provides access to free exercise and health education for carers with the aim of recruiting 55 carers a year.