

Young Carers Fun and Fitness Service

Service Specification

Service Specification No.	
Service	Young Carers Fun and Fitness Service
Commissioner Lead	Shuhela Hannan
Provider Lead	Warren Albrecht on behalf of Everyone Active
Period	1 April 2023 – 31 March 2024
Date of Review	TBC

1. Aim and Objectives

The aim of the project for is to increase the awareness of the value of exercise and nutrition of young carers as well as to improve their health and well-being. The approach to achieve this is by offering gym membership to young carers and supporting them to develop the individualised exercise plans.

2. Service Description

The service will provide gym memberships for young carers at Portobello Green Fitness Club. The provision includes 26 gym memberships, group classes, private tutoring and activities at another community based sports centre for young carers.

The project also includes nutritional and fitness advice; which will identify improvements in the health and wellbeing of young carers.

This will result in individuals reporting a better sense of well-being and reduced risk of other health related conditions.

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

Expected outcomes include:

- Improve knowledge of physical activity and its health benefits amongst young carers.
- Identify perceived barriers to exercising amongst carers.
- Enable young carers to participate in fitness opportunities within a community setting with non-carer members of the community (mainstreaming).
- Produce feedback from young carers of their satisfaction/experience of each session
- Produce a quarterly report on progress of project including feedback on the health and well-being of the young carers involved.
- Produce an annual report on the outcomes achieved for young carers

4. Scope

Population coverage

The Fit and Healthy Service is available to people **under age of 25-year-old** 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

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

Service Premise

The provider is located at: 3-5 Thorpe Close, London W10 5XL

5. Applicable Service Standards

Compliance

The Provider will comply with relevant:

- Applicable local standards set out in this Contract

Monitoring

Everyone Active will provide the following information to North West London ICB, to enable progress to be monitored:

- Financial information for each quarter covered by the Agreement, using the Financial Reporting Form at Appendix 1;
- Performance information for each calendar month period covered by the Agreement, using the Performance Reporting Form at Appendix 2;
- Quarterly service report for the contract reviewing meeting with North West London ICB

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, Everyone Active will provide a breakdown of this information as part of the performance monitoring returns.

5.3 Evaluation

Everyone Active will 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

Gym/exercise scheme for young carers at Portobello Green Fitness Club. The project provides 26 gym memberships per year