**Health and Wellbeing Interventions - full requirements**

Seetec Pluss delivers Employment Programmes in Southern England.

We provide tailored support to help Participants get back into work. We undertake a personal assessment and support to identify goals, develop a return-to-work plan and access additional help if needed.

We are looking for a provider to help support participants with their health and wellbeing needs. This will be through discussion and assessment, which will include identifying, managing and overcoming participant barriers. All activities will be reflected in the Action Planning Process. Activity to be made up of 1:1 and workshop delivery and have identified requirements against the following:

**1. Health and Wellbeing workshops**

Workshop content will be designed by the provider and available through digital delivery. A series of workshops, of 1 – 2 hours’ duration, will support groups of up to 10 participants to develop knowledge of their conditions and the steps to take to improve condition management. This will include lived examples, and solutions taken from participants as part of the delivery.

The range of workshops we are looking for will include:

* Recovery Plans: Where participants can develop an effective approach to overcoming distressing symptoms, and unhelpful behaviour patterns. To be used as a practical support for recovery, as a reminder and guide and also turn to at times of difficulty. It is designed as an aid for learning about themselves, what helps and what doesn’t, and how to get progressively more in control of their life and their experience.
* Confidence in the Workplace: The session will include examples of workplace scenarios, including methods to boost an individual’s confidence, self-esteem and motivation. Participants will learn self-improvement techniques to encourage personal growth and support wellbeing. The session will also enable participants an opportunity to self-reflect, as well as gain a better understanding of themselves and others.
* Managing Stress: Session to include how to acknowledge/recognise the signs and symptoms of stress and how to deal with them most effectively. This session will also incorporate mindfulness and encourage the use of online resources to help reduce anxiety and stress.
* Disclosing Health Conditions: Session to include clear and concise advice on what is expected or necessary with regards to disclosures of health conditions to employers. The advice will be in line with that given by ACAS and the information on GOV.UK website. Each participant will be clear on the steps they are required to take during application and interview stage of their journey.
* Life After Lockdown: Session to discuss the opportunities available after lockdown. Give advice and guidance on re connecting in the community, allay fears and address any barriers. Small steps management, encouraging each person to re-engage in life outside of the home environment.
* Developing Resilience: This session will include CBT modelling. Using the tools available to practice cognitive restructuring to change the way people think about negative situations and bad events. Practice thought awareness, how to learn from mistakes and the benefits in positively looking for the lesson in every situation.
* Food and Mood: Sessions will include information and advice relating to the relationship between food and our emotional responses, chemicals and brain functions. It will cover how diet can influence mood. Advice and guidance will be given on meal planning whilst in work, how to eat well and spend less. It will provide learners with a clear understanding on the effect food can have on our mood but not only that, how we can eat healthily, in line with the NHS guidelines within a tight budget.
* Sleep: Sessions will include information and advice around what can cause poor sleep and an understanding of the benefits and importance of sleep. The session will highlight the effect that sleep deprivation can have on our physical and mental health. An introduction to good sleep hygiene and how to introduce it into a daily routine.
* General Wellbeing: The session will include information on the 5 Ways to Wellbeing model. It will cover how small steps can be taken towards adding some of this to your life. The workshop will provide time to reflect on each person’s well-being and where they are currently. It will encourage the addition of wellbeing activities into everyday life.
* Activity and Movement: Sessions will include information and advice around activity and movement, an understanding of the benefits and importance of staying active. The session will highlight how to stay active on a budget, as well as how movement and activity can help with pain management.

30 to be delivered by 31 December 2021.

72 to be delivered by 31 March 2023.

**2. Mental Health First Aid Workshops**

Metal Health First Aid workshops shall provide an overview and develop a better understanding of mental health issues including depression, anxiety, and suicide. The aim of the workshop is to provide individuals with confidence to be able to recognise the signs of mental health issues and to be able to engage with someone needing mental health support and signpost accordingly.

8 workshops to be delivered by 31 March 2022.

**3. Wellbeing and 1:2:1 and group sessions to support customer journey and progression to work**The 1:1 and group sessions will utilise coaching as a way of supporting and encouraging participants to manage their own health / wellbeing and learning & employment goals in order that they may maximise their potential, develop their skills, improve their performance and become the person they want to be. As part of the Action Planning Process, acting as mentors, Seetec Pluss would ask that the provider give guidance, help with motivation, emotional support, and role modelling. Mentors can also help with exploring career options, setting goals, developing contacts, and identifying resources; all of which will be reflected in the participant’s action plan.

A combination of individual and group sessions, circa 75 Participants

To be delivered by March 2023.

**4. One-to-one coaching, fortnightly appointments to focus on supporting health, wellbeing and motivation**We are looking for a programme that can deliver one-to-one coaching to support and encourage Participants to manage their own health and wellbeing, and develop goals in order that they may maximise their potential, develop their skills and become the person they want to be. This coaching shall be a combination of either on a face to face or remote delivery for circa 160 Participants.

To be delivered by March 2023.

**5. Specialist mental health coaching working alongside one to one coaches to support participants with severe mental health issues**We are looking for a programme that can deliver additional specialist support. Acting as mentors/coaches. This support shall enable access for our Participants to be given guidance, motivation, emotional support, and role modelling.  Mentors should also help with exploring career options, setting goals, developing contacts, and identifying resources; all of which will be reflected in the participant’s action plan. This coaching shall be a combination of either on a face to face or remote delivery for circa 80 Participants.

To be delivered by March 2023.

**6. Engagement Coaching to support re-engagement of disengaged participants to access programme and move into employment**

We are looking for a sessional programme to undertake re-engagement activity to support individual Participants to re-access programme support. This coaching shall be a combination of either on a face to face or remote delivery, dependent upon individual needs and requirements, for circa 200 Participants

To be delivered by March 2023.

Please note more than one contract could be awarded within the cost envelope.

Contracts will be issued on a maximum fixed amount, with a detailed specification based on the offer agreed.

**Expressions of Interest will be required to:**

• Outline and evidence your experience in supporting remote vocational training.

•Illustrate your proposed delivery which meets the minimum requirements

• Provide an indicative price.

This will be used to shortlist partners for due diligence and evaluation before any contract award is made.

Please register your interest via POP (<https://www.seetec.co.uk/partners>) and complete an Expression of Interest.

NOTE - If you are not currently already registered on POP, you will need to register in order to log in and access the opportunity.