

Comprehensive Review of Exercise by Referral in Derbyshire

Invitation to Quote

We are seeking an individual or organisation to work with us to undertake a comprehensive review of the Exercise by Referral service in Derbyshire and outline recommendations and options for future service delivery.

Closing Date: Thursday 11 July 2024

20.06.24

activepartnerstrust.org.uk



Active Partners Trust on behalf of Active Derbyshire is seeking to work with in individual or organisation to undertake a comprehensive review of the Exercise by Referral service in Derbyshire (not including Derby city) and outline recommendations and options for future service delivery.

1. Introduction to Active Partners Trust

- 1.1. Active Partners Trust is a single legal entity bringing together the active partnerships in Derbyshire and Nottinghamshire through two brands - Active Derbyshire and Active Notts. Active Derbyshire and Active Notts are committed to working with a wide range of partners to connect, collaborate, influence and help create a culture where everyone can be active.
- 1.2. Our values and behaviours define us as an organisation - they are who we are and what we stand for. We work hard to ensure that we all live our values day to day and they are embedded in all that we do.
 - **Make a Difference.** We seek to positively make a difference through movement, physical activity and sport. We add value through insight and learning, influencing relationships, strengthening our networks and connections and embedding what works well.
 - **Integrity.** We will act with integrity in all that we do, being open, honest and trusted. Encouraging this culture with others.
 - **Collaborate.** We commit to collaborate, giving time and space to develop relationships, to listen, to reflect and to build shared purpose. We take collective responsibility and learn together to inform our work.
 - **Inclusive.** We ensure we are inclusive in everything we do. We are open-minded and equitable, encouraging others to reflect on how they think and act. We are a committed ally to inclusion.
 - **Passionate.** We believe in what we do. We are energetic, curious and aspire to think creatively. We are bold in our thinking, not afraid to try new things.

2. Background and Introduction

- 2.1. The current physical activity pathway for people living with long-term conditions in Derbyshire is complex and often does not link up existing services. Residents often must navigate multiple entry points to access funded activities. Current services include self-referral, GP and medical referral, signposting and open

activepartnerstrust.org.uk

access. There are different pathways into the activities which often means referrers and residents are confused about the offer. The current physical activity offer is limited and has traditionally focused on leisure centre-based activities via the Exercise by Referral scheme.

- 2.2. Active Partners Trust have entered into an agreement with Derbyshire County Council Public Health to be the strategic lead for the development of physical activity across Derbyshire. This includes collaboration with the existing physical activity partners to develop a more integrated approach to physical activity services across the county. Active Partners Trust are working with partners to distribute funding for physical activity services, redesign physical activity pathways and work in line with the strategic objectives in the [Making Our Move plan for physical activity in Derbyshire and Notts](#).
- 2.3. Making our Move is our shared vision for [Uniting the Movement](#)* in Notts and Derbyshire. Together, we will address inequality and empower everyone to be active in a way that works for them. Our shared vision was informed by hundreds of people and organisations in Derbyshire and Notts. It sets out an approach that will help us to focus our efforts and resources on where we can make the biggest difference; empower our communities; and shape action.

** Uniting the Movement, launched by Sport England in January 2021, sets out a 10 year vision to transform lives and communities through sport and physical activity.*

3. Aims of the Comprehensive Review

- 3.1. We are looking for a comprehensive review of the Exercise by Referral programme in Derbyshire to help understand what is and isn't working.
- 3.2. The review should focus on the Exercise by Referral service and recognise related and connected schemes such as [Life Live Better Derbyshire](#), [Falls Prevention](#) and other localised services. Key areas for consideration include:
 - Analysis of existing data and insight, the use of the Theseus monitoring system, future reporting requirements and support for the development of a monitoring, evaluation and learning framework.
 - Mapping of referrals, demographic information and the reach of the service including residents' experience of the service and who does and doesn't engage in the pathway.
 - The referral process into the service, who can refer and the eligibility criteria with consideration of the [Physical Activity Consensus Statement](#).

activepartnerstrust.org.uk

- How referrals are processed including the Live Life Better Derbyshire Hub and how residents are or could be triaged.
 - An understanding of the value and limitations of a 12-week service, the prescribed number of activities available and the variation in personalised support that is needed.
 - Wider physical activity opportunities and additional support available or needed to sustain levels of physical activity.
 - Perspectives on services and activities being free to access or charged at a full or subsidised rate.
 - Evidence of individual behaviour change and the role of physical activity in the management of long-term conditions and pain.
 - The experience of the residents being referred, the health care professionals making referrals and the people who support residents in physical activity who have been referred.
 - The qualification requirements and workforce need for future delivery of the service.
 - Learning and good practice from other areas across the United Kingdom.
- 3.3. Following the review, we would like recommendations to inform future co-design of services and establish consensus in setting future minimum standards.
- 3.4. The recommendations should consider the referral process into the service, how referrals are processed, triage, the range of structured and supported referral opportunities, charging policies, reporting requirements and monitoring, evaluation and learning.
- 3.5. We are flexible to the kind of individual or organisation we engage but feel the following requirements are important:
- A collaborative approach to the review.
 - Knowledge of Derbyshire or a demonstration of how knowledge and connections will be built.
 - Knowledge of exercise referral and physical activity for health pathways.
 - Outputs and reports will need to be communicable to a wide-ranging audience.

activepartnerstrust.org.uk

4. Management

- 4.1. The contract will be with Active Partners Trust.
- 4.2. Review progress and recommendations may be provided to Active Partners Trust, Public Health and the Derbyshire Physical Activity Collaborative as agreed throughout the contract period.

5. Budget and timescales

- 5.1. The review will not exceed £10,000 (including VAT and expenses) over a period lasting from the appointment until Monday 16 December 2024, when a final report and recommendations should be submitted.

6. Quote process and submission:

- 6.1. Quotations should be submitted by 11.59pm on Thursday 11 July 2024, via email to info@activepartnerstrust.org.uk
- 6.2. Submitted quotes should include the following:
 - CV and/or covering letter which summarises the skills and experience relevant to the scope and assessment criteria.
 - A clear proposal for how the work would be carried out.
 - A schedule of costs and services.
 - Any further information which may support the proposal.

7. Assessment Criteria

- 7.1. The quotation will be assessed against the following criteria:
 - Evidence of knowledge, expertise and experience related to the aims of the comprehensive review.
 - Suitability of the proposed approach.
 - Evidence of capacity to undertake the work within the defined budget and timescale.
 - Value for money.
 - Availability.
- 7.2. Active Partners Trust reserves the right to shortlist quotations based on the criteria above and undertake follow-on interviews with shortlisted candidates.
- 7.3. Shortlisting will take place on Friday 12 July 2024 and interviews are planned for Wednesday 17 July 2024.

activepartnerstrust.org.uk

If you'd like to discuss this opportunity or have an informal enquiry, please contact
craig.homer@activepartnerstrust.org.uk

End

Craig Homer
Strategic Lead
Active Partners Trust

Contact number: 07787 186815

Email: craig.homer@Activepartnerstrust.org.uk

activepartnerstrust.org.uk

