The Context

- In November 2011 Mytime Active was awarded the Sandwell Lifestyle Contract which consisted of two components:
  - Targeted Services: Primarily for patients referred from a HCP
  - Universal Services: Predominantly for users that self refer

- There were 23 individual programmes within the contract (operating in isolation)

- Mytime Active 2011 model was to consolidate services under one umbrella and maximise integrated opportunities

- This integrated approach placed Mytime Active in a favourable position to win the new integrated PA, Food and WM contract for adults (2015)
The Transition to the new contract (Aug 15)

- Some of the existing services will change and / or cease from Aug 15 (Fabtots/ Boost/ Walkwell/ Walk from Home/ Active Sandwell/ EXTEND)
- Other services will be incorporated into the new offer although will be marketed in a different way (Stride/ Cycling/ Slimwell/ Cookwell)
- The new model will include:
  - A individual tailored plan
  - An allocated key worker
  - Town Based delivery
  - Weekly guidance to support users to make nutrition/ PA change and weight loss.
  - A catalogue of fun physical activity, lifestyle and integrated packages across the 6 towns
The New Service Model

Three Components

• Assessment (LASARS): Central access point
  – 6750 Expression of Interest (EOI)
  – 4450 Referrals

• Intervention: 1-1 Key worker support and bespoke package to suit patient needs (12 wks)
  – 3000 Intervention Completers (all required to make a Nutrition/Physical Activity change)
  – 150 Enhanced Completers (for those with complex needs)

• Maintenance: Ongoing opportunities to support behaviour change (12 wks)
  – 2000 Maintenance Completers to achieve 5% weight loss
We will provide a dedicated resource responsible for ‘Intake, Engagement & Assessment’

This will be referred to as **The LASARS** which is:

- A specialist ‘hub’ workforce
- A central access point (Triage/telephone support)
- Extensive local knowledge of other services to compliment the offer
- An established ‘opt out’ referral process between Lifestyle and Health Checks services
- Retain the excellent existing GP and partner relationships
- Able to offer brief intervention advice, sign posting and registration onto the programme
- Individuals will register on to a town based Initial Assessment (IA and will be allocated a ‘Key worker’ Healthy Lifestyle Specialist (throughout the 6 month intervention)
Tender Expectations

• The service will operate for 52 weeks per year

• It will be flexible and operate outside of core hours – evening & weekends

• Initial contact
  – Those at risk of safe guarding will be contracted in 24 hours
  – Those in need of support within three days (including pregnant/mental health/complex needs)
  – All others within 5 days

• Treatment to be in place within 15 working days

• Re-engagement for those who drop out within 21 days
**Intervention: Pick and Mix**

Users will maintain a key worker to track, support and monitor ongoing progress throughout the 24 wk intervention

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Initial Assessment and 1-1 support</td>
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<tr>
<td>Mum’s Weight Management</td>
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<tr>
<td>Men’s Active Weight Management</td>
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<tr>
<td>Cook, Shop and Slim packages (groups/families)</td>
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<tr>
<td>Remote/interactive/Apps/Innovative technology</td>
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<tr>
<td>Enhanced Weight Management (Long term Conditions)</td>
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<tr>
<td>Commercial Slimming &amp; other third sector delivery</td>
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<td>Leisure centre based programmes (physical activity theme)</td>
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[mytime active logo]

[Sandwell Metropolitan Borough Council logo]
Maintenance options

12 week phase with weekly key worker support
Direct delivery/ SLAs and partnership agreements

- Walking programmes and initiatives
- Cycling programmes and initiatives
- Allotments/ Green gym/ gardening schemes
- Structured exercise (circuits/body combat/dance)
- Local provision such as Leisure services, local charities etc.
<table>
<thead>
<tr>
<th>Milestone</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Triage via LASARS</td>
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<tr>
<td>Week 2-3</td>
<td>Face-to-face 45 minute full initial assessment</td>
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<tr>
<td>Week 4</td>
<td>Intervention period (12 weeks)</td>
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<td>Week 1-12 of intervention</td>
<td>Weekly contact from key worker through phone/text/social media/email etc.</td>
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<tr>
<td>Week 1/4/8/12 of intervention</td>
<td>Assessment reviews</td>
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<tr>
<td>Week 12 of intervention</td>
<td>Face-to-face 45 minutes re-assessment and maintenance agreement</td>
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<tr>
<td>Week 13</td>
<td>Maintenance programme (min. 12 wks)</td>
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<td>Week 13-24 of maintenance</td>
<td>Weekly contact from key worker</td>
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<tr>
<td>Week 24</td>
<td>Face-to-face reassessment</td>
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<tr>
<td>9/12 month follow-up assessments</td>
<td>Through key worker contact</td>
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Town Based Approach

- Across all 6 towns
- Community & Primary care based sites
- IA's & group delivery across all area
- Linking with LA Community Activity Network
- Development Officers & Weight Management Development Officers
Mytime Active will continue to add value

- Local Services – six town basis
- Integration of services- Lifestyle, NHS Health Checks, other providers
- Variety of options to suit everyone
- Specialist teams
- Existing networks & partnerships
- Many years of local knowledge & experience
- Ability to track patients throughout
- Able to screen patients in primary care
- Integrated with Health Checks/data push back
Adding value
Thank you for listening

We are pleased to take any questions you may have