**Stockport Metropolitan Borough Council**

**Provider Event for the Provision of Lifestyle Services**

**Thursday 25th February 2016   
2.30pm – 4.30pm**

* Are you looking for an opportunity to provide lifestyle services in Stockport?
* Can you deliver evidence based packages of support which meet the individual needs of service users?
* Have you a proven track record in outcome focused service delivery?

We will be going out to tender for lifestyle services in March 2016, with a view to having a new system in place from October 2016.

**Redesign of Stockport’s Lifestyle Services**

Stockport Council is committed to helping Stockport residents to improve their own health and wellbeing. This includes ensuring individuals and families can get help with making changes to their lifestyle, such as losing weight, eating a healthier diet, stopping smoking and being physically active. Making these kinds of changes helps to reduce the risk a broad range of health problems such as heart disease and cancer.

We have reviewed our current lifestyle services offer within the context of Stockport Together. This is a partnership between Stockport Council, Stockport Clinical Commissioning Group, Stockport NHS Foundation Trust and Pennine Care NHS Trust. These organisations are committed to working together to develop an overall strategic plan for the borough to integrate and transform health and social care services.

Our new lifestyle services offer will enable us to achieve our aim of improving outcomes for Stockport residents by helping them to reduce their risk of developing health problems. This will happen by:

• Providing lifestyle services that meet the changing needs of Stockport people.

• Reducing duplication, ensuring that people access the right service when they need it.

• Making it easy for people to get the help and support they need by providing services in the evening and weekend as well as during the day.

• Providing services as close as possible to where people live and also in workplaces.

• Creating an integrated and flexible service that responds to changing needs and fits with the emerging community structures.

• Enabling service users to receive advice and support on a wider range of health and lifestyle topics.

• Making best use of digital technology to support people to make changes.

The new model will comprise of two elements:

* A Wellness Service: providing lifestyle advice and support across a broad range of topics (including stopping smoking, weight management, physical activity, wellbeing, healthy eating and reducing alcohol).
* A Specialist Physical Activity Service: providing expert advice and support to people with existing medical conditions to help them become physically active and work with people who have had a heart attack or heart-related surgery to enable them to integrate the right amount of physical activity into their daily lives.

**Procurement and Contracts**

We will procure contract(s) that provide a high quality and evidenced based approach in terms of advice and support. This advice and support will be centred on the individual and will be provided close to home and at the earliest opportunity. Providers must be prepared to work in a collaborative and integrated way with other organisations in order to maximise the benefit to the individual.

**Next steps**

An information event is being held on Thursday 25th February 2016 between 2.30pm and 4.30pm in Fred Perry House, Edward Street, Stockport, SK1 3XE. Refreshments will be provided on arrival. This event is for parties to hear more about what the commissioners are seeking, find out about the tender process and ask questions.

To register for a place please email [elizabeth.barsby@stockport.gov.uk](mailto:elizabeth.barsby@stockport.gov.uk) by 12pm on Monday 22nd February 2016. Please include your name, organisation and contact details.

PLEASE NOTE that we have limited places available and you must register in order to attend. If demand for places exceeds capacity we will seek to distribute the places across a representative group of people.