

**Meeting:** Cabinet  
**Date:** 20 November 2023  
**Classification:** Part 1  
**Key Decision:** Yes  
**Title of Report:** Healthy Lifestyles Services Procurement 2024

**Executive Director:** Michael Marks  
**Report Author:** Jess Siggins  
**Executive Councillor:** Cabinet Member for Adult Social Care, Health, Public Health and Constitutional Affairs

## **1. Executive Summary**

- 1.1. The proposed decision is for the re-procurement of the Healthy Lifestyles services for a new contract in September 2024. As part of planned service development many service elements were expanded through contract variation since contract start, increasing the value of the Healthy Lifestyles provision. Due to this, a review was required to establish any future total budget for procurement, and despite engagement with key stakeholders, a total budget was not updated on the procurement plan within the policy time frame which is why this documentation is required.

## **2. Recommendations**

**It is recommended that Cabinet:**

- 2.1. **Go out to tender for Healthy Lifestyles services via standard competitive procurement process to put in place a new service by 1st September 2024 at a contract value of £650,020 per annum for a maximum period of 5 years.**

## **3. Background**

- 3.1. On 1<sup>st</sup> July 2019 the Council commissioned Everyone Health to provide the “Wellbeing Service” (Also known as Healthy Lifestyles services), as part of a comprehensive programme of health and wellbeing interventions and services for people living and working in Southend. The contract price was £281,000 per

annum and contract length was a maximum of 5 years, and was due to expire on 31<sup>st</sup> May 2024 (and will be extended to 31<sup>st</sup> August 2024 to allow time for procurement).

- 3.2. The purpose of the service is to improve the health and wellbeing of the resident population in Southend, delivering or supporting a range of service areas, including:
- Weight Management
  - Wellbeing Coaches (Health Trainers)
  - Making Every Contact Count
  - Physical Activity Interventions eg. Exercise Referral / Health Walks
  - Postural stability / Strength and Balance (Falls Prevention)
  - Social Prescribing
  - Mental health support / Emotional Health and Wellbeing
  - Generic self-management
  - Stop Smoking and Tobacco Control
  - Alcohol recovery
  - Diabetes prevention
  - Carers Support
  - Other emerging services as required or commissioned in the City
- 3.3. Initially, Everyone Health was responsible for the delivery of the 'Gateway' into the programme, the Wellbeing Coach Service, Making Every Contact Count training and Adult Weight Management services. The programme was expected to develop and evolve over the period of this contract to meet local need.
- 3.4. Led by national and local evidence as well as best practice in other local authorities, the service (and programme of interventions) was expanded by Public Health to include Outreach Health Checks in 2019, Workplace Wellbeing in 2020, and Social Prescribing, Falls Prevention and Physical Activity offers in 2021, as well as a separate contract for GP Health Checks, increasing the overall investment into Everyone Health services to £622,500 per annum.
- 3.5. During the contract term, it has been noted that Smoking Cessation services (currently delivered at £50,000 per annum) would also align well to the offer, which focuses on sustaining behavioural change and encouraging improved health – by combining these offers into one contract there is an opportunity for better value for money and more efficient use of resource.
- 3.6. The service requires an innovative approach to improving health and wellbeing, utilising community assets, emerging technology and ensuring collaboration with a broad range of partners and service areas, which is why service development has taken place during the contract lifetime and subsequently impacted updates to the procurement register.

- 3.7. Following a commissioning review and resident consultation, the Healthy Lifestyles procurement has been planned, and the Council is aiming to go out to standard competitive tender to put a new Healthy Lifestyles contract in place by 1<sup>st</sup> September 2024.

#### **4. Reasons for Decisions**

- 4.1. There is no suitable option to extend the service further, so to ensure suitable time for procurement, tender evaluation, contract award and mobilisation of a new Healthy Lifestyles service by September 2024, the procurement would need to commence prior to the next agreement of the procurement plan and therefore requires this decision to be documented.
- 4.2. To reduce pressures on Health and Social Care and on public sector services, it is essential that the system put in place these services to enable people to enjoy a healthy and active life, have opportunities to promote their wellbeing and to encourage self-care and manage their conditions if they have a life limiting illness, within their communities.
- 4.3. A key component in reducing demand is effective primary, secondary and tertiary prevention, which is supported by the Healthy Lifestyles services. The NHS Long Term Plan reflects this by focusing on building an NHS fit for the future by; enabling everyone to get the best start in life, helping communities to live well and helping people to age well. It is essential that people are able to maintain behaviour change in the longer term to benefit not only their health but their quality of life; this can be achieved through self-management, improved health literacy and confidence.
- 4.4. If this decision were not approved, the contract would expire without replacement, likely leading to existing provider staff redundancies, and there would be a significant gap in necessary provision. The Council may not meet statutory duties and obligations regarding Public Health.

#### **5. Other Options**

##### **5.1. Do Nothing / Do Not Procure**

This option is not recommended, as the Council would likely not meet statutory duties and obligations regarding Public Health, the contract would expire without replacement, likely leading to existing provider staff redundancies, and there would be a significant gap in necessary provision.

#### **6. Financial Implications**

- 6.1. There are no additional budget pressures or direct financial implications to this decision, as it seeks to maintain existing Public Health expenditure. The Council will seek to retender the Healthy Lifestyles services (including smoking

cessation) in a new contract at a value of £650,020 per annum for a contract term of 3 years + 1 + 1 (5 years maximum), which is a total contract value of £3,250,100.

**7. Legal Implications**

7.1. None

**8. Consultation**

8.1. The Healthy Lifestyles procurement has been planned following public consultation on the services.

**9. Other Implications**

9.1. None

**10. Appendices**

10.1. None

**11. Report Authorisation**

<b>This report has been approved for publication by:</b>		
	<b>Name:</b>	<b>Date:</b>
S151 Officer	Joe Chesterton	08/11/23
Monitoring Officer	Kim Sawyer	08/11/23
Executive Director(s)	Michael Marks	08/11/23
Relevant Cabinet Member(s)	Councillor Moyies	08/11/23