



## LIVING WELL ON SCILLY PROJECT

### EXPRESSION OF INTEREST FORM

This form is to express your organisation's interest in the delivery of the Isles of Scilly's Living Well project.

Applicants should note that the grant-in-aid attached to this expression of interest process is offered on a not-for-profit basis, with the expectation that any profits, which might arise from any of the activities associated with the grant funding, will be absorbed into agreed Living Well activities.

### SECTION 1 – INTRODUCTION

The current economic climate and push for greater personalisation of services means local authorities rethinking and reshaping their roles in relation to the provision of health and well-being services. The Department of Health (2012) 'Caring for our future: reforming care and support' states that, in the future, to ensure there is enough flexibility, resilience and strength within the local market authorities will be expected to:

- Promote diversity and quality in the provision of services
- Monitor local providers and ensure they offer a range of responsive care and support services
- Commission services on the basis of quality, outcomes and value, and
- Develop a leadership role in terms of identifying the needs of local people, supporting communities, empowering people to take control and providing information and advice

In common with other areas, if the authority does nothing to reduce demand for statutory care and support services it is likely that expenditure will increase ahead of resource levels.

Therefore our future service model is based on the following themes:

- We want to support people to stay safe, well and independent in their own homes
- We want individuals to have access to good quality information and advice
- We want people to be able to choose how they want to live their lives
- We want people to be connected to their community
- We want there to be swift and effective support when it is needed
- We want reablement and recovery to be a feature of all services
- We want good quality support to be available thereafter

Moving forward we are committed to a set of underpinning commissioning principles that ensure that future services are either provided, commissioned or encouraged to develop on the islands that:

- reduce crises which put significant pressure on resources through early intervention services
- focus on delivering agreed outcomes.
- promote delivery models that can deliver savings.
- support people to avoid using residential care or hospital settings
- support the prevention and deferred onset or deterioration of long term conditions
- support the community and carers to support each other
- aid early diagnosis and support for people with dementia
- and therefore reduce the demand for services

## SECTION 2 – PROJECT REQUIREMENTS

The Council of the Isles of Scilly is seeking a delivery partner to provide an innovative service model which places the individual at the heart of service planning. With a narrow focus on physical and health needs, the current system too often neglects what it is to lead a decent life in later years.

One of the key issues for older people is loneliness. A study of older Britons in 2012 found that more than a fifth felt lonely all the time. Half of those who took part in the survey said their loneliness was worse at weekends, and three-quarters suffered more at night. Surveys of social care users suggest that over a third (36 per cent) of those aged 65 and over say that they are not satisfied with the way they spend their time, with almost one in 10 (8.4 per cent) saying that they don't do anything they value or enjoy with their time (HSCIC 2013a). People who are in poor health are more likely to report feeling alone (ONS 2013b) and there is a strong association between reported feelings of loneliness and reported limitations in performing daily activities: as many as 45 per cent of older people with a longstanding illness that prevents them from doing normal household tasks report that they felt lonely at least sometimes. Evidence suggests investing in keeping older people healthy and socially active can delay the need for professional care and contain the rising costs of health and social care (NAO 2014, Bolton 2009).

Most older people want to stay connected to their local communities, and to maintain and develop social links with friends and families. However, services are not currently set up to pay attention to people's social needs. Older people are often stripped of their human role as caregivers and are isolated – not only through the major loss of loving relationships but also through the loss of small, everyday interactions with colleagues, neighbours, passers-by and strangers. This is demonstrably counterproductive, as social isolation and loneliness impact directly upon quality of life, health and wellbeing (Cattan et al 2005, Findlay 2003, Pitkala et al 2009). Indeed, the effects of social isolation on mortality are similar to those of smoking or excessive alcohol consumption (Holt-Lunstead et al 2010).

Regardless of support needs, older people want to have a meaningful life that includes engaging activity and relationships that allow for the opportunity to give and share, as well as to receive (Age UK 2013). In particular, people value having relationships and links with their local or chosen communities and ‘being able to contribute to family, social, community and communal life and being valued for what you do’ (Bowers et al 2009).

Many studies have identified independence and self-esteem as key components of quality of life (Bowers et al 2009, Williamson 2010), linked to the ability to participate in communities on an equal footing. Like everyone else, older people want to have a purpose, to feel useful and valued, as ‘an employee; volunteer; mentor; entrepreneur; employer; hobbyist or source of advice with a cup of tea’ (Khan 2013).

Set within this context, the organisation taking on delivery of Living Well on Scilly will need to design a project with the following principles:

- Proactively identifying people at risk of social isolation and/or losing their independence
- Encouraging self care, self reliance and mutual support
- Developing capacity on the islands to provide support and increase community based provision
- Reshaping existing services rather than adding another layer to what is already there
- Embedding social opportunities at the heart of MDT planning

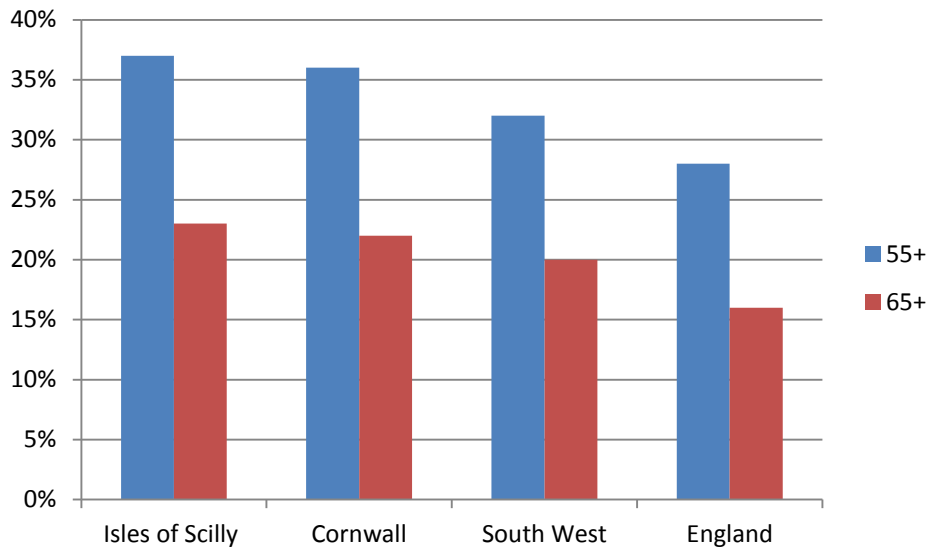
The project will also need to demonstrate strategic fit with the required outcomes of the Living Well Cornwall and Isles of Scilly Pioneer Programme: improved quality of life, improved experience of care and reduced cost of care.

### SECTION 3 – LOCAL CONTEXT AND DATA

The Isles of Scilly is located 45km south west from mainland Britain.

The population of the Islands was recorded as 2203 at the last census in 2011 and is spread over five inhabited Islands. The vast majority of the population, 1,600, lives on St Mary's. More than 35% of the population are aged over 55 making the islands one of the most rapidly ageing communities in the country. Life expectancy is higher than in any other Cornwall practice (Males 85.9 Females 85.8) increasing the likelihood of service users living with one or more long term conditions. Entry into all care services are likely to be later in life, but from people with more complex support needs.

**Fig1: % proportion of population 55+/65+**

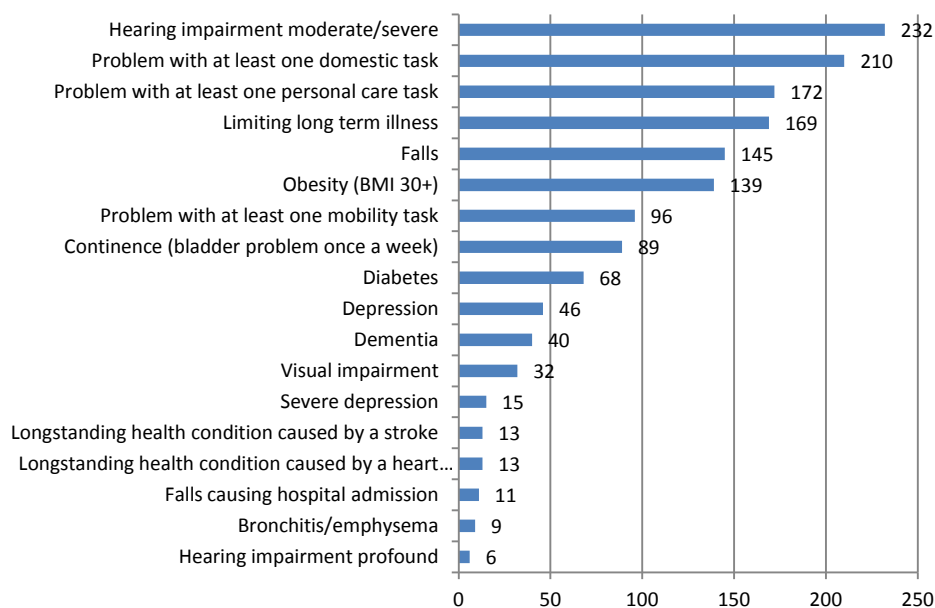


Source: ONS 2011 Census

Geographical distance from the mainland and between the islands has a major impact on the provision of services on the islands making the community one of the most deprived in the country in terms of access to services including housing, health services and social opportunities.

The following chart predicts the likely prevalence rates of various conditions given the age of our population.

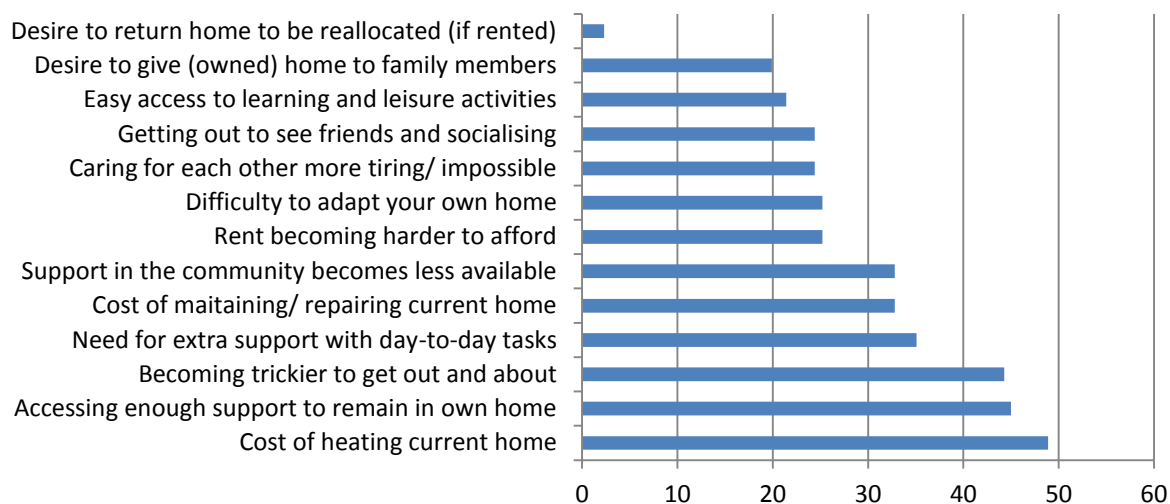
**Fig 2: Likelihood of long term conditions of the Isles of Scilly**



Source: Projecting Older People Population Information System

In 2010 we commissioned a survey amongst those aged 55+ which highlighted some concerns for the future.

**Fig 3: What are your concerns for the future?**



Source: Council of the Isles of Scilly, Extra Care Housing Survey, November 2010, Base 131 respondents aged 55+

Recent research, conducted by Healthwatch Isles of Scilly, also pointed to the fact that older people needed better support to self manage their own conditions and/or to support a family member, this included:

- Greater access to social opportunities
- Better signposting to information and advice
- A single named individual to manage care and support
- Access to more appropriate housing options
- More health services on the island to reduce the need to travel to the mainland

The Council of the Isles of Scilly receives S256 monies, better known as the Better Care Fund, from the NHS to fund services that reduce admission to acute and residential services. This funding supports this project until 31<sup>st</sup> March 2016, therefore this Expression of Interest, and receipt of grant-in-aid from the Council, will run up until that point. The agreement could look to be renewed should further funding be identified.

The amount of funding available in 14/15 is £12 500

The amount of funding available in 15/16 is £30 000 (subject to confirmation of the Better Care Fund submission. The Council is confident that the funding for 2015/16 will be secured but obviously cannot make any firm commitment or guarantee at this time. The Council will notify grant applicants, or the delivery body where the grant has been awarded, of any significant changes in relation to this funding as soon as it is made aware).

Organisations wishing to apply for this grant-in-aid should ensure that they provide all of the information requested in the rest of this document and return their submission via email to [ahick@scilly.gov.uk](mailto:ahick@scilly.gov.uk)

#### SECTION 4 - ORGANISATION DETAILS

Organisation name		
Address		
Website		
Organisation type – tick all that apply  (Please note that grant will be provided on a non-profit basis).	Voluntary Organisation or Community Group	
	Registered Charity	
	Non-Statutory Partnership	
	Other (please state)	

	Yes	No
Does your organisation have a formal constitution and/or written aims and objectives?		
Does your organisation have a bank account?		
Is your organisation		

registered for VAT?		
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## SECTION 5 – PRIMARY CONTACT DETAILS

Name	
Role within organisation	
Telephone number	
Email	
Delivery partners if applicable	

## SECTION 6 – DELIVERY PROPOSAL REQUIREMENTS

Please provide a proposal that addresses all of the points identified below. The below identified points directly relate to the award of the grant and make up the assessment criteria of the grant applications received.

- 6.1 Strategic Fit – Please describe how your proposal for delivery will fit with the aims and objectives of the Council of the Isles of Scilly Adult Social Care team as described in this document and regional and national policy and research.**
- 6.2 Aims and Objectives – Please describe the aims and objectives of your proposal. You should include your reasons for choosing your aims and objectives.**
- 6.3 Delivery model – Please provide details of the delivery model proposed to deliver this project.**
- 6.4 Action Plan - Please describe the key deliverable actions proposed by your organisation and how these deliver aspects the aims described in this document. Actions should be focussed across the islands and not focussed purely on St Mary's.**
- 6.5 Governance – Please provide details of the project management and delivery structures that you intend to operate to most effectively utilise the grant funds including monitoring and evaluation processes.**

**6.6 Track record – please describe your organisation’s experience in delivering projects of this nature.**

**SECTION 7 – DELIVERY PROPOSAL COSTS PROFILES**

Applicants should present the costs associated with the deliverable actions included within the response to 4.4 above. Back Office (general staffing and overheads) should be identified as separate items from the costs associated with deliverable actions. Staff specific to the delivery of an action may be included in the cost of the deliverable action. Each deliverable action should be labelled as per the proposal identified in the response to 4.4 above and should also identify the outcome associated with the delivery of the action.

The costs identified below should not exceed the grant amounts in the relevant year.

**Financial Year 14/15**

<b>Deliverable Action</b>	<b>Outcomes</b>	<b>Costs (£)</b>
<b>Back Office Costs</b>		
<b>Deliverable Action 1 – Please label as per response in 6.4</b>		
<b>Deliverable Action 2 – Please label as per response in 6.4</b>		
<b>Deliverable Action 3 – Please label as per response in 6.4</b>		
<b>Deliverable Action 4 – Please label as per response in 6.4</b>		
<b>Deliverable Action 5 – Please label as per response in 6.4</b>		
<b>Deliverable Action 6 – Please label as per response in 6.4</b>		

**Financial Year 15/16**



<b>Deliverable Action</b>	<b>Outcomes</b>	<b>Costs £</b>
<b>Back Office Costs</b>		
<b>Deliverable Action 7 – Please label as per response in 6.4</b>		
<b>Deliverable Action 8 – Please label as per response in 6.4</b>		
<b>Deliverable Action 9 – Please label as per response in 6.4</b>		
<b>Deliverable Action 10 – Please label as per response in 6.4</b>		
<b>Deliverable Action 11 – Please label as per response in 6.4</b>		
<b>Deliverable Action 12 – Please label as per response in 6.4</b>		

## SECTION 8 - PROCESS

The Expressions of Interests process will run from Wednesday 29<sup>st</sup> October to Wednesday 19<sup>th</sup> November 2014 and submissions need to be received by 17:00 on Tuesday 19<sup>th</sup> November.

Any submissions received after the closing date/time will not be considered.

All of the received expressions of interest will be reviewed by the Council of the Isles of Scilly in consultation with local stakeholders including the GP. A decision will be made on the proposal that best fits the aims and objectives of the Council of the Isles of Scilly Adult Social Care team w/c 24th November.

Once a preferred submission has been identified, the Council will meet with the proposer to conclude the Grant in Aid Agreement document. The expression of interest submission will be appended to the Grant in Aid Agreement and will therefore be part of the contract between the parties.

Completion of the Grant in Aid agreement will trigger the release of the funding to the appointee.

## SECTION 9 – DECLARATION

Please return a copy of this document along with your response to the requirements in Section 3 and Section 4 to the address at the bottom of this page.

Signature	
Name (printed in block capitals)	
Role within organisation	
Date	
<i>Please note: The signatory needs to have the requisite powers to be able to enter into a grant funding agreement of the organisation named in section 1.</i>	

### COMMISSIONER/GRANT AWARDING BODY DETAILS

Aisling Hick Senior Manager – Services to our Community  
Council of the Isles of Scilly  
Town Hall  
St Mary's  
Isles of Scilly  
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