

## **EOI for Co-production of Tier 2 Weight Management Service for people from Black African and Caribbean Communities**

Lewisham is looking for a community organisation and a weight management provider (or a partnership which brings together both weight management expertise and knowledge of Black African and Caribbean Communities health needs) to help us to co-produce weight management services for people from Black African and Caribbean communities in Lewisham.

The successful organisation(s) would work with Lewisham Council to develop a Behavioural (Tier 2) adult weight management service which delivers good outcomes and has good reach with people from Black African and Caribbean Communities.

### **Background and Context**

Lewisham Council has been allocated **£132,739** from PHE to be spent in 2021/22 on providing additional Behavioural (Tier 2) adult weight management services. These are defined as multi-component programmes addressing dietary intake, physical activity, and behaviour change for adults who are overweight or living with obesity with the primary aim of promoting health behaviour change, which reduces body weight.

Lewisham currently has Tier 2 weight management services in the borough which are provided by Slimming World and WW. The budget for these services is £69k per annum. Lewisham is planning to spend the additional funding available for 2021/22 on developing targeted Tier 2 Weight Management services for the following target groups: people from Black African and Black Caribbean communities, and men.

A recent review of the existing Tier 2 weight management services found that whilst the ethnic profile of participants was in line with the general population, there were differences in outcomes for some ethnic groups. Asian and Black African had considerably lower completion rates (33%), and a lower proportions of Black Caribbean and Black other ethnic groups achieved 5% weight loss compared to White group (41% and 36% vs 57%). The proportion of men that accessed the services was low (10%) although once engaged they achieved good outcomes.

As part of the wider review of Commissioned services to support the Whole Systems Approach to Obesity, Lewisham has sought feedback from previous service users of the existing Tier 2 weight management to find out what works/did not work for them, Commissioned insight studies from Food for Purpose CIC and Mabadiliko CIC which looked at the barriers and motivators to increased physical activity, nutrition and maintaining a healthy weight within Black African and Caribbean Communities. These highlighted some of the barriers to access to services to support a healthy weight.

### **Commissioning proposal for Tier 2 weight management**

The proposal is to tailor/develop programmes for people from Black African and Caribbean Communities, jointly with potential future service users and/or representatives from target communities.

New services would aim to address the barriers to access (including marketing, timetable and venues), programme content (eg. culturally relevant factors which affect PA and food choices etc) and delivery (preferences around group/peer support/doing shared activity rather than classroom style learning).

New services would need to be evidence-based and reflect relevant guidance from NICE and PHE:

- NICE (2014) Weight management: lifestyle services for overweight or obese adults [PH53]. Available from: <https://www.nice.org.uk/guidance/PH53>
- NICE (2014) Obesity: identification, assessment and management [CG189]. Available from: <https://www.nice.org.uk/guidance/cg189>
- NICE (2016) Obesity in adults: prevention and lifestyle weight management programmes Quality standard [QS111]. Available from: <https://www.nice.org.uk/guidance/qs111>
- PHE (2017) A guide to commissioning and delivering tier 2 weight management services. Available from: <https://www.gov.uk/government/publications/adult-weight-management-services-commission-and-provide>

Notwithstanding the need to work within relevant clinical guidelines, we are looking to innovate and develop services which are culturally relevant and support people to make meaningful lifestyle changes to improve their health and wellbeing. This will include considering how the programme is delivered, venues, times, content and language, images and materials used.

Due to the timeframes for using the funding available we propose to identify organisation(s) with expertise delivering Weight Management Services, and working with Black African and Caribbean Communities around local health and wellbeing needs to either tailor an existing programme and/or to produce a new service model which responds to the needs and preferences of members of the Black African and Caribbean Community in Lewisham. There may be more than one approach taken forward as these communities are not homogenous and there may be different approaches.

We know that in order to do this well we need develop services jointly with potential future service users, and take learning from both local insight and engagement, and other similar projects like Heal-D which is a programme developed by King's to support people living with Diabetes from Black African and Caribbean communities.

It is proposed that the tailored/new service will be developed during the summer with roll out of the first pilot end of September with additional cohorts starting the programme in November and January. The capacity of the service will be a minimum of 120 participants. Learnings from the initial pilot will be incorporated into the service development and participants will be followed up for 26 weeks.

Our ambition is that any weight management service which is developed/tailored, could then be made available via the Dynamic Purchasing System which Public Health England are developing, and Lewisham can purchase these for April 2022 onwards as appropriate to complement the NHS Digital weight management offer.

### **What are we looking for**

We're looking to commission support from an organisation (or number of organisations collaborating together) to help us to engage with Black African and Caribbean communities in Lewisham, to develop weight management services which are engaging, promote health and help reduce health inequalities.

We want to find an organisation (or organisations) that can work with us over the next year (from July 2021 – March 2022 with follow-up to June 2022) to either tailor an existing programme and/or develop a new Tier 2 weight management service.

The indicative Timetable for this project is below:

Key milestones	Date
Project Start Date	w/c 2 <sup>nd</sup> August 2021
Develop joint approach to working together and detailed programme for developing the programme	w/c 2 <sup>nd</sup> August 2021
Develop programme (including workshops/further insight)	w/c 9 <sup>th</sup> August 2021 – w/c 13 <sup>th</sup> September 2021
Pilot Programme	To commence by 20 <sup>th</sup> September 2021
Evaluation and write up lessons learnt	March 2022

### What we are looking for

Lewisham is looking for proposals from organisations who can provide either Community Co-production Expertise or Weight Management Expertise, or both. Details are set out below:

	A - Lead for Community Co-production expertise	B – Lead for weight management expertise
Lewisham is looking for Expressions of Interest which deliver against the following requirements	<ul style="list-style-type: none"> <li>Facilitate co-production of the new service with potential future service users from the target communities</li> <li>To work with a weight management provider to develop or tailor a weight management service offer to meet the needs of the target communities, whilst also meeting the relevant guidelines from PHE and NICE.</li> <li>To develop materials, promote the pilot service and recruit participants from the target communities</li> <li>To support implementation of the pilot with at least one cohort, but if possible more than one cohort between September 2021 and March 2022.</li> <li>To help evaluate the pilot, make recommendations for further improvement to the service during the pilot period</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrates an understanding of how they will work with community organisation and potential future service users to develop or tailor a weight management service to meet the needs of the target communities, whilst also meeting the relevant guidance from PHE and NICE.</li> <li>Demonstrates an understanding of the barriers to accessing weight management which are faced by people from Black African and Caribbean communities as highlighted through the insight studies attached and provides some suggestions as to how these could be addressed.</li> <li>Committed to working with the community organisation to develop materials, promote the pilot service and recruit participants from the target communities</li> </ul>

		<ul style="list-style-type: none"> <li>• To manage and run the pilot of the programme between September 2021 and April 2022.</li> <li>• To collect and provide data in line with the minimum data required to meet the PHE Grant funding conditions</li> <li>• To evaluate the pilot and propose improvements for future delivery</li> </ul>
Lewisham Council is looking for proposals from which demonstrate the following skills/experience:	<ul style="list-style-type: none"> <li>• A good understanding of Black African and Caribbean culture</li> <li>• A good understanding of the factors that impact behaviour change (and an understanding of weight management highly desirable)</li> <li>• Experience carrying out interviews and focus groups with stakeholders</li> <li>• Experience working in/or closely with services which support behaviour change</li> <li>• Experience working on projects with people from different organisations to reach a common aim</li> </ul>	<ul style="list-style-type: none"> <li>• Delivering weight management services achieving positive outcomes</li> <li>• Has experience tailoring programmes to meet the specific needs/preferences of a target community (Black African and Caribbean Communities highly desirable).</li> </ul>

### How to Submit an Expression of Interest

Expressions of Interest can be submitted in Word or PDF format. They should be up to 3000 words (excluding CVs and any other accompanying evidence). Accompanying documents can be provided in Excel or other widely used formats.

Organisations are asked to state clearly whether they are interested in working with Lewisham as a Lead for Community Co-production or Lead for weight management expertise or Both.

Expression of Interest submissions should confirm the organisations ability to deliver against the requirements set out in this document (under A, or B, or Both), describe their relevant experience, and provide an outline of how they would deliver the project alongside indicative staffing proposal and costs.

Bids need to be submitted via e-mail to [publichealthcommissioning@lewisham.gov.uk](mailto:publichealthcommissioning@lewisham.gov.uk) by midday on 21<sup>st</sup> July 2021.

Bidders will be notified of the outcome early w/c 26<sup>th</sup> July 2021 and will be expected to commence work on the project w/c 2<sup>nd</sup> August 2021.

To be included within the proposal:

	A - Lead for Community Co-production expertise	B – Lead for weight management expertise
Organisations should include within their proposal:	<ul style="list-style-type: none"> <li>• Details of how they would propose we engage members of the community – including how they would structure focus groups/participatory research to gain further insight/test approaches to service delivery</li> <li>• Details of how they would propose to work with the weight management organisation</li> </ul>	<ul style="list-style-type: none"> <li>• Evidence of existing weight successful weight management programmes</li> <li>• Evidence of experience targeting and tailoring these programmes to meet the needs of specific communities.</li> </ul>
Finances should be set out within the proposal and include	<ul style="list-style-type: none"> <li>• Costs for delivering the project (including assumed breakdown of staff time based on daily rates, and other resources)</li> <li>• Management and quality assurance</li> </ul>	<ul style="list-style-type: none"> <li>• Costs for delivering the project (including assumed breakdown of staff time based on daily rates, and other resources)</li> <li>• Management and quality assurance</li> </ul>
Organisations must also confirm that they can:	<ul style="list-style-type: none"> <li>• Comply with the Council’s Code of Practice for Contractors</li> <li>• Provide up to £1 million Public Liability Insurance</li> </ul>	<ul style="list-style-type: none"> <li>• Comply with the Council’s Code of Practice for Contractors</li> <li>• Provide up to £1 million Public Liability Insurance</li> </ul>

**Background documents:**

Analysis of reach and outcomes of existing programmes	 Data and analysis of obesity services a
Existing programme survey feedback at Obesity Alliance meeting 11/05/21	 Obesity alliance 110521 with poll an:
Food for Purpose CIC Study, ‘Black Women Obesity and Physical Activity’	 Food for Purpose CIC - Lewisham Black
Mabadiliko CIC Study, ‘Black African and Caribbean Nutrition and Weight Management’	 Mabadiliko CIC Obesity Study repor
Research paper ‘Designing the Healthy Eating and Active Lifestyles for Diabetes (HEAL-D) self management and support programme for UK African and Caribbean communities: a culturally tailored, complex intervention underpinned by behaviour change theory	 12889_2019_Article_7411.pdf