**NORTH KENSINGTON SELF-CARE PROJECT 2020-21**

**GUIDANCE NOTES FOR APPLICANTS**

# Background

Kensington and Chelsea Social Council (KCSC) is managing a social prescribing model, known as North Kensington Self-Care, on behalf of West London Clinical Commissioning Group (WLCCG). The Self-Care model links patients in primary care with sources of health and wellbeing support in the community. The Self-Care programme is targeted at adults who live in North Kensington and/or were affected by the Grenfell Tower fire. It provides GP practices in North Kensington with a non-medical referral option.

# 2. Aim of Self-Care

The aim of the Self-Care approach is to increase an individual’s confidence in making informed decisions about their health. Simple lifestyle changes, new healthy habits and goals are encouraged. As a consequence, Self-Care is expected to positively contribute to an individual’s confidence and motivation, which in turn is expected to contribute towards a long-term reduction in use of primary, secondary, and some tertiary care services.

# 3. The North Kensington Self-Care Model

The Self-Care referral process is conducted in three steps (below):

**Step 1.**

* Provider receives a referral via CRM system Charity Log (TBC)
* When KCSC informs the VCS provider of referral details. The Provider must contact patients within 7 days to double-check suitability, set the number of sessions appropriate for the client and schedule sessions with client at most appropriate venue

**Step 2.** Provider collects:

* Patient Activation Measure (PAM)
* Wellbeing survey

**Step 3.**

* After all sessions are completed, provider conducts another wellbeing survey and quality of service survey

# 4. Eligibility Criteria for organisations

The following organisations can apply:

* Registered Charities;
* Voluntary organisations or community groups;
* Social Enterprises with a legal structure e.g. Community Interest Company
* Other e.g. Faith group or Residence Association

Organisations must:

* have written governing documents;
* have in place standard policies including Safeguarding and Working with Vulnerable Adults;
* have completed or be in the process of completing or be willing to complete the Data Security and Protection tool kit;
* have audited or independently examined accounts;
* be a current provider of services to people living in the Kensington & Chelsea, Queens Park and Paddington area
* work on the Charity Log CRM (referral and monitoring system)
* attend training and meetings when necessary

The service must:

* not already be funded (services that are being expanded must be operating to full capacity under current funding arrangements)
* provide a number of sessions per client and then have a plan for signposting service users after they have completed their agreed number of sessions

# 5. Funding Arrangements

Funding will initially be available **from 1st April 2020-31st March 2021 including a three-month trial period**

Successful applicants will need to provide an exit strategy. This may be:

* A plan for sustaining the service when funding ceases
* A demonstration that the service can run satisfactorily within the timescales
* Evidence that a service can contract back to its original size without destabilising

# 6. Timescales

* Application deadline – 2nd March 2020 at 10am
* Successful organisations informed – w/c 9th March 2020
* Contract agreed and signed – 16th March 2020
* Monitoring meeting/Organisational development meeting – w/c 16th March 2020
* First quarter payment (if agreed) – w/c 16th March 2020
* Commencement of contract – 1st April 2020

# 7. Returning Applications

**The application form can be completed and returned to Hayley Turner via email** [**hayley@kcsc.org.uk**](mailto:hayley@kcsc.org.uk)

For any queries regarding completing the application form, please contact Hayley Turner [hayley@kcsc.org.uk](mailto:hayley@kcsc.org.uk)