

Cabinet – 8 February 2023

Healthy Lifestyle Service Contract Extension

Portfolio:	Councillor Flint, Health and Wellbeing
Related portfolios:	Councillor Elson, Children's
Service:	Public Health
Wards:	All
Key decision:	Yes
Forward plan:	Yes

1. Aim

- 1.1. The aim of the request for an extension is to continue the Healthy Lifestyle Service that provides health and wellbeing advice and support to residents. The extension period will allow Walsall Council time to complete the competitive tendering process for the new Wellbeing Service. Initiating the tender was put on hold whilst Public Health explored other commissioning options complementary to local ambitions for greater collaboration.

2. Summary

- 2.1. MyTime Active's Healthy Lifestyle contract was initially awarded from 1st August 2016 to 30th April 2019 with an option to extend annually until 30th April 2021 (which was taken). On 9th December 2020 Cabinet approved a further 23-month extension due to the Covid-19 pandemic from 1st May 2021 to 31st March 2023. The annual contract value is £717,798.
- 2.2. This report seeks approval to extend the Healthy Lifestyle contract for up to 12 months from 1 April 2023 up to and including 31 March 2024 to maintain accessible support for residents who need support to improve their health and wellbeing. This would be the third extension to the original contract. The value of the extension will be up to £717,798.

3. Recommendations

- 3.1. That Cabinet approve the extension of the Healthy Lifestyle Services contract from 1 April 2023 up to and including 31 March 2024 with MyTime Active at a cost of up to £717,798.
- 3.2. That Cabinet delegate authority to the Director of Public Health, in consultation with the Portfolio Holder for Health and Wellbeing, to subsequently authorise the sealing or signing of any associated contracts, deeds or other related documents for such services.
- 3.3. That Cabinet delegate authority to the Director of Public Health, in consultation with the Portfolio Holder for Health and Wellbeing to authorise any variations to the contractual arrangements or other related documents for such services should this be required throughout the duration of the term of the further extended contract, providing they are in line with the Council's Contract Rules and any relevant legislation, including the Public Contracts Regulations 2015.

4. Report detail - know

Context

- 4.1. Poor health behaviours, including smoking, sedentary lifestyles, unhealthy eating, and obesity are associated with increased risk of low mental wellbeing and a wide range of negative physical health outcomes, such as heart disease, certain cancers, diabetes, stroke, and respiratory conditions.
- 4.2. The scale of unhealthy behaviours in Walsall is substantial with:
 - 33.6% residents being inactive, worse than both regional (25.6%) and national average (23.4%)
 - 5 a day consumption of fruit and vegetables (51.3%) below regional (52.6%) and national average (55.4%)
 - Over 70% of adults being overweight, worse than both regional (66.8%) and national (63.5%)
- 4.3. The Healthy Lifestyle Service provides support to residents to live well, by addressing multiple lifestyle factors that influence their health and well-being and building their capability to be independent, resilient and improve their health. The integrated approach to Healthy Lifestyle provision has moved

beyond services focusing on single issues, offering a more holistic, efficient, and effective means of supporting residents to improve their health and wellbeing.

- 4.4. The Healthy Lifestyle service branded as “One You Walsall” is delivered by MyTime Active. It offers universal support through a single point of access telephone line that provides access to a range of interventions. There is also a website with further details of local and national support and a range of self-help options, such as digital apps. The targeted element of the service provides more personalised and intensive advice (e.g., weight management, physical activity, emotional health and wellbeing) and support (e.g., up to 12 weeks of regular contact) for those residents that need it. The service also provides health and wellbeing support targeted at workplaces and a healthy family programme (for 2- to 7-year-olds).
- 4.5. MyTime Active’s Healthy Lifestyle contract was initially awarded from 1st August 2016 to 30th April 2019 with an option to extend annually until 30th April 2021 (which was taken). On 9th December 2020 Cabinet approved a further 23-month extension due to the Covid-19 pandemic from 1st May 2021 to 31st March 2023. The annual contract value is £717,798.
- 4.6. A further extension of the contract will allow adequate time to complete the competitive tendering process for the replacement to the Healthy Lifestyle Service, a new Wellbeing Service. The Wellbeing Service will provide support (e.g., signposting to existing services) for the wider determinants of health (e.g., employment, housing, debt etc) in conjunction with tailored advice/ interventions to promote healthy behaviours (e.g., weight management, stopping smoking, NHS Health Checks). Addressing issues relating to the wider determinants of health (or fundamentals of wellbeing) will provide clients with more capacity to address unhealthy behaviours.
- 4.7. The start of the tendering process for the Wellbeing Service was put on hold whilst Public Health explored other commissioning options complimentary to local ambitions for greater collaboration and local investment. Following a process to sort through different commissioning options and seek external legal advice, it has been concluded that a competitive procurement continues to be the best option for ensuring effective service provision and positive outcomes and best value.

Council Plan priorities

- 4.8. Extending the contract as proposed will continue to support the Council Plan priorities particularly:

- People can access support in their community to keep safe and well and remain independent at home.
- People are supported to maintain or improve their health, wellbeing, and quality of life.

The Healthy Lifestyle Service provides support so residents can look after their own and their family's health and wellbeing. It provides clients with the tools and motivation to sustain healthy behaviours that will make a substantial difference to their health and wellbeing throughout their life course.

Risk management

- 4.9. A hiatus of provision would occur if the contract is not extended. This would lose continuity and therefore has the potential to cause reputational impact to Walsall Council because of an apparent gap in this important area of service provision.
- 4.10. There is a risk of provider market challenge with any extension of this nature. However, given the knowledge of the provider market this risk is considered to be low. Any risk of challenge is further mitigated by extending the contract in accordance with Regulation 72 of the Public Contract Regulations 2015, while a competitive tendering process is completed. This will reassure the market that a compliant tendering process is imminent during the extension of the existing contract.

Financial implications

- 4.11. The budget for this contract extension is £717,798 and will be funded from the existing budget from within the Public Health Grant.

Legal implications

- 4.12. The circumstances in which the contract can be extended are regulated by regulation 72 of the Public Contracts Regulations 2015 (as amended).

Procurement Implications/Social Value

- 4.13. The extension via Regulation 72 could potentially attract a challenge from the provider market. However, given the knowledge of the provider market this risk is considered low. Any risk is further mitigated by extending the contract via Regulation 72 of the Public Contract Regulations 2015, while a competitive tendering process is initiated and completed.

- 4.14. MyTime Active are required to demonstrate how they offer Social Value in economic, environmental and/or social benefits to their employees and residents. The Council's Social Value Toolkit is used as a guide.

Property implications

- 4.15. There are no property implications arising out of this report.

Health and wellbeing implications

- 4.16. Continuing to commission this service will enable the Council to promote the health and wellbeing of Walsall residents.
- 4.17. From May to October 2022, the Healthy Lifestyle service has seen over 4000 inward referrals. Approximately, 900 of these have accessed targeted support. A large proportion of clients achieve positive outcomes. For example, approximately 65% lose weight and average mental wellbeing score (measure through WHO-5 validated questionnaire) increased from 51.3 at assessment, to 63.6 at 12 weeks and 67.0 at 26 weeks. The service is currently working with 12 workplaces to support employee's health and wellbeing.

Reducing Inequalities

- 4.18. The Healthy Lifestyle service offers both universal and targeted provision to those in greatest need. The Healthy Family programme supports families to make healthy choices (e.g., healthy eating). Targeted support for adults offers tailored advice to those that are overweight, inactive or require support for their emotional health and wellbeing. The healthy workplace element of the service provides health and wellbeing support to staff employed in local businesses. This is focused on routine and manual employers to ensure increased engagement with certain groups. For example, men who are less likely to access support for certain health behaviours (e.g., weight management).

Staffing implications

- 4.19. There are no staffing implications arising out of this report.

Climate Impact

- 4.20. Clients are supported to utilise more sustainable forms of travel, particularly walking and cycling. This will help to improve air quality.

5. Decide

- 5.1. Cabinet is asked to agree an extension of up to 12 months from 01 April 2023 to 31 March 2024, to the current contract with MyTime Active.
- 5.2. That Cabinet delegate authority to the Director of Public Health, in consultation with the Portfolio Holder for Health and Wellbeing, to subsequently authorise the sealing or signing of any associated contracts, deeds or other related documents for such services.
- 5.3. That Cabinet delegate authority to the Executive Director of Public Health, in consultation with the Portfolio Holder for Health and Wellbeing to authorise any variations to the contractual arrangements or other related documents for such services should this be required throughout the duration of the term of the further extended contract, providing they are in line with the Council's Contract Rules and any relevant legislation, including the Public Contracts Regulations 2015.

6. Respond

- 6.1. Subject to Cabinet approval of the recommendations, Public Health will work with corporate colleagues to:
 - Progress the negotiation and completion of the extended contract
 - Complete a compliant procurement of the Wellbeing Service in accordance with the Public Contracts regulations 2015.

7. Review

- 7.1. Once awarded and fully commissioned, the extended contract will be reviewed in line with contract management and individual support plan review process.

Background papers

None

Author

Joe Holding

Senior Public Health Development Manager (Health Improvement)

✉ Joe.Holding@walsall.gov.uk

☎ 658073



Stephen Gunther

Director of Public Health

31 January 2023



Councillor Flint

Portfolio Holder Health and Wellbeing

31 January 2023