**The Ageing Well Functional Fitness MOT Funding**

**Expression of Interest Guidance and Form**

The Ageing Well Functional Fitness MOT is a project that has been funded by Frognal Local Care Network (LCN) for 2 years to support mild to moderately frail residents with falls prevention, improvement of functional wellness and to provide signposting for sessions to enhance functional fitness within this defined area.  The project will be working to engage with people who may be experiencing health challenges but are not accessing support, therefore engaging with them prior to a crisis.

Frognal LCN is looking for a local Voluntary Sector provider to deliver the Functional Fitness MOT service. The funding envelope is £83,550 for year one, and continuation funding for year 2.

You will create and lead a network of organisations and individuals to deliver functional fitness MOTs and who can provide support for functional fitness. You will also provide a regular link with the local population which could be utilised by other services and campaigns such as cancer prevention or dementia awareness. You will work to strengthen the network of community groups, statutory services and businesses working together to deliver improvements to health and wellbeing. You will engage with local residents to gather feedback about what is important to them and involve people in the development of additional health and wellbeing support.

**Project Detail:  
Benefits to the Individual:**  
- Motivate people to be aware of their fitness and make improvements where needed. Enable people to track improvements in their fitness.  
- Keep people active by suggesting small achievable goals to improve active daily function  
- Develop personal action plan to help people make changes and enable them to enjoy a longer, healthier life.  
- Individuals are engaged and involved in the development of activities and support that improves the health and wellbeing of local people.   
- Individuals are informed about how to become involved further in developing and designing support for the local area, for example they are advised about the opportunity to become Community Champions  
- Individuals can access information and other support (such as blood pressure checks and cancer screening information) in settings accessible to them.

**Targets:**  
- Online training is available in how to complete functional fitness MOTs. You will recruit/identify, support and ensure up to 20 people are trained to deliver the Functional Fitness MOT's to identify those at risk of frailty and motivate them to take small manageable steps to prevent a decline in function and prevent falls.   
- A programme of 16 Functional Fitness MOT events in community settings, at various locations across the Frognal area. There are opportunities to combine other checks with MOTs such as blood pressure, cancer screening.  
- 200+ Functional Fitness MOTs delivered to Frognal residents  
- A minimum of 100 people engaged in Functional Fitness MOTs  
- Individuals are re-assessed to track changes in their functional fitness (percentage of those re-assessed are tracked. Ideally this would be >80%)   
  
**Outcomes:**  
**-** Increase in activities related to preventing frailty and ill health   
- An increase in onward referrals to health and community services  
- An increase in engagement with activities designed to prevent frailty  
- A data set is gathered and reported back from MOT results  
- Residents’ feedback is gathered and shared with the Local Care Network to develop the Community Voice within the network, informing Health and Wellbeing priorities

**You can view a full list of questions for the application form towards the end of this document. Please pay careful attention to the documentation you will be asked to provide as part of this process.**

If you have any questions regarding the application, the process or format please email info@bvsc.co.uk or call us on 01322 524 682.

The deadline is 23:59 on Friday 29th March and organisations may be invited to an informal discussion on Monday 8th April.

**NOTE: BVSC is supporting the application process but will not be on the decision-making panel.**

**Documentation Required:**

Registered Charities, Charitable trusts and Charitable incorporated organisations (CIO) will need to share:

* Safeguarding Policy

Community Interest Companies (CIC) will need to share:

* Safeguarding Policy
* CIC34 form, additional information demonstrating commitment to supporting the local community is also welcomed.

Unincorporated Associations, constituted small voluntary organisations and ‘other’ applicants will need to share:

* Safeguarding Policy
* Copy of your most recent accounts
* Bank statement for the last three months
* Constitution/governing document

All documentation is to be emailed to [info@bvsc.co.uk](mailto:info@bvsc.co.uk)   
Only Expressions of Interests including all the correct documentation will be considered.

**Expression of Interest Questions**

1. Full Name of contact completing the form
2. Name of the organisation
3. Phone number for the organisation
4. Email address for the contact
5. Postal address for the organisation
6. Please specify the status of the organisation using the drop down selections below

* Unincorporated association/organisation/small voluntary group with constitution (skip to question 8)
* Charitable Incorporated Organisation (CIO) (move on to question 7)
* Registered Charity (move on to question 7)
* Charitable trust (move on to question 7)
* Registered societies e.g. community benefit societies (skip to question 8)
* Community Interest Companies (skip to question 8)
* Other (skip to question 8)

1. What is your registered charity number? (Skip to question 11)
2. If you are not a registered charity, please confirm you are a constituted not for profit organisation? Yes/No
3. Please confirm you have a bank account in the name of the organisation (you will be required to share accounts) Yes/No
4. Please confirm you will send a copy of the organisations bank statement covering the last three months. Yes/No
5. The funding envelope for year 1 is £83,550. If you were delivering the project, what model do you envisage using? E.g. how many staff/volunteers would you recruit?
6. Tell us how you would approach residents in Frognal to ensure engagement with functional fitness tests.
7. Can you tell us what plan you will make to engage with, and work in partnership with, other service providers within Bexley.
8. Can you demonstrate how you will train and work with partners across the sector to deliver the functional fitness MOTs.
9. Tell us how you would monitor the project and demonstrate the impact of the service?
10. How would you gather and collate feedback from residents?
11. Do you have anything you would like to add?