



ADUR & WORTHING  
COUNCILS

Joint Strategic Committee  
6th December 2022

Key Decision [Yes]

Ward(s) Affected: All

## Falls Prevention - Inter Authority Agreement

### Report by the Director for Communities

#### Officer Contact Details

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#### Executive Summary

##### 1. Purpose

- 1.1. To seek agreement to enter into an inter authority agreement with Mid Sussex District Council (MSDC) to deliver a countywide falls prevention programme, as part of the Wellbeing programme of activities, externally funded through the partnership arrangement with WSCC
- 1.2. Agreement will enable the procurement of a falls prevention programme consistent with other District and Boroughs in West Sussex, to be carried out by MSDC on behalf of Adur & Worthing Councils
- 1.3. The current contract with an external provider to deliver a Falls Prevention programme contract has been in place since 2019 and is due to end March 2023. We have been working in collaboration with WSCC Public Health and the other District and Boroughs with the aim of developing and procuring a coordinated countywide evidence based Falls Prevention programme based at District and Borough level, through a single contract from April 2023 to March 2027.

##### 2. Recommendations

- 2.1. The Joint Strategic Committee is recommended to:

- 2.1.1. To consider entering into an inter authority agreement with MSDC for the provision of a local Falls Prevention Programme from 2023
- 2.1.2. MSDC has agreed to lead the procurement on behalf of West Sussex District and Borough Councils; tender documents have been drafted in collaboration with the District and Boroughs and WSCC Public Health, with the intention of carrying out market testing with potential providers during November-December 2022, before going out to tender. Due to the timescales there is likely to be a break in delivery from March 2023

### 3. Context

- 3.1. The Council's have delivered a local programme of public health activities through a partnership arrangement with WSCC since 2011. The programme aims to keep people healthy and well and prevent cardiovascular disease such as: strokes and heart attacks. The programme is designed to reflect the needs of the local population and includes activities such as: healthy weight management, increasing physical activity, smoking cessation, alcohol reduction and falls prevention.
- 3.2. Injuries sustained due to a fall are a common and serious problem for older people. People aged 65 and older have the highest risk of falling, with 30% of people older than 65, and 50% of people older than 80 falling at least once a year. Annually, approximately 5% of older people who fall obtain a fracture or require hospitalisation for a fall-related injury<sup>1</sup>.
- 3.3. Falls are not an inevitable part of ageing and can be prevented. Falls occur as a result of a complex interaction of risk factors. The main risk factors reflect the multitude of health determinants that directly or indirectly affect well-being. Those are categorised into four dimensions: Biological, for e.g. illness such as Parkinson's; Behavioural for e.g. lack of exercise - we know this has been exacerbated due to the Covid-19 pandemic; Environmental, for e.g. uneven pavements and Socioeconomic factors, for e.g. low income and educational levels.
- 3.4. The demand prediction for Adur & Worthing areas, with regards to Falls Prevention, is as follows:

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<sup>1</sup> West Sussex JSNA Website; Falls Prevention: link to web page [here](#)

3.4.1. **Adur**

Adur Wards with high prevalence of people aged 65+

St Nicholas (29.8%) pop = 3,984

Widewater (29.4%) pop = 6,093

Adur Wards with high prevalence of people on pension credit:

Eastbrook (14.8%) pop = 4,800

Mash barn (16.4%) pop = 4,395

Southwick (15.3%) pop = 4,529

3.4.2. **Worthing**

Worthing Wards with high prevalence of people aged 65+

Goring (37.2%) pop = 8,107

Offington (30%) pop = 7,938

Salvington (29.5%) pop = 8,983

Worthing Wards with high prevalence of pensioners in poverty

Central (19% 65+ and 18% in poverty) pop = 10,752

Heene (16% of pop with 26% of pop aged 65+) pop = 8,555

Selden (19% of pop 65+ with 14.7% in poverty) pop = 8,651

- 3.5. The pathways for Falls Prevention in Adur and Worthing includes a specialist longer term service for people who are at a high risk of falls, provided by Sussex Community NHS Foundation Trust, plus a lower level programme of strength and balance classes for those who are feeling more wobbly or finding it harder to rise from a chair, provided in Adur and Worthing through the West Sussex Wellbeing programme.
- 3.6. The Falls Prevention offer of strength and balance courses for Adur & Worthing has been in place since September 2019, commissioned with external funding through the Adur & Worthing Wellbeing Programme of activities, in partnership with WSCC Public Health, at a value of £35,000 per annum.
- 3.7. Similar Falls Prevention offers are in place across the county, delivered through a similar arrangement and in most areas, with the same Provider. Contracts with the external provider including the Council's, are due to end March 2023
- 3.8. In collaboration with WSCC Public Health and the other District and Boroughs a single tender for a coordinated countywide evidence based Falls Prevention Programme based at District and Borough level has been explored. The advantages of a single programme include:
- 3.8.1. Development of a single point of access

- 3.8.2. Consistency with regards to triage, screening & onward referral
- 3.8.3. Consistency of service across different areas
  
- 3.9. The intention is to deliver the coordinated Falls Prevention Programme through a single contract from April 2023 to March 2027 (option of 12-month extension subject to conditions post March 2027), with the exception of Crawley Borough Council, which will continue to provide their own in-house rolling programme for the Provider to refer into.
- 3.10. Mid Sussex DC has agreed to lead procurement and tender documents, including a draft specification ([here](#)) have been drafted. The suggested annual value for Adur District and Worthing Borough combined is £30,000.
- 3.11. Feedback from the current provider with regards to the proposed new arrangement has raised concerns which are important to acknowledge. These concerns include: the impact of rising costs on delivery and the lack of suitably qualified practitioners. A market testing exercise is being carried out during November and early December 2022 in order to gain a better understanding from providers of what's deliverable from their perspective, and to test our assumptions for the new contract before going out to tender.
- 3.12. Due to the extended timeline it seems highly likely that there will be a break in service from March 2023 until the new contract is in place, but the alternative is putting out a specification that no one applies to. Testing the market will also advertise the project to a wider audience and maybe encourage partnership bids or new interest.
- 3.13. Annual Business Plans are developed in partnership with WSCC Public Health and agreed locally in consultation with Executive members and the Director for Communities however agreement by JSC is required in order to progress with the collaborative arrangement.

#### **4. Issues for consideration**

- 4.1. The total value of the four year contract for Adur and Worthing combined is £120,000, making the decision to enter into the contract a Key Decision for members.
- 4.2. The alternative options are: to revert to a local tender process for the Adur and Worthing areas, recruit into the team to deliver through internal staff, or to remove Falls Prevention from the programme of activities beyond 2023.
- 4.3. The proposed option of entering into an inter authority agreement with MSDC is recommended in order to benefit from the development of a single point of access into Falls Prevention and to maintain consistency

with other areas across West Sussex with regards to triage, screening & onward referral.

## **5. Engagement and Communication**

- 5.1. The proposal and specification detail has been developed in collaboration with the five other District and Borough Councils and WSCC Public Health consultants.
- 5.2. Discussions have been held with the current provider which indicated issues with the proposal, as outlined in 3.10 above.
- 5.3. MSDC has been in discussion with other potential providers, which have at this stage shown interest in tendering for the contract.
- 5.4. A market testing process is being carried out during November and December 2022 which includes a survey of potential partners and an online engagement event to answer any questions and issues raised as a result of the survey. The survey and event are being designed collaboratively by all seven Councils and WSCC Public Health.

## **6. Financial Implications**

- 6.1. The proposed activities will be externally funded through the WSCC Public Health grant for Wellbeing which is already included in the Councils' budgets;
- 6.2. The combined total value of the four year contract for Falls Prevention in Adur and Worthing is £120,000;
- 6.3. Indicative funding for 2023-2024 will be shared by WSCC Public Health by early December 2022, with ratification of this anticipated in February 2023;
- 6.4. Any tendering process, either through an inter authority agreement with MSDC, or in house is subject to funding ratification by WSCC.

## **7. Legal Implications**

- 7.1. Section 1 of the Localism Act 2011 empowers the Council to do anything an individual can do apart from that which is specifically prohibited by pre-existing legislation.
- 7.2. Under Section 111 of the Local Government Act 1972, the Council has the power to do anything that is calculated to facilitate, or which is conducive or incidental to, the discharge of any of their functions.

- 7.3. Section 1 Local Government (Contracts) Act 1997 confers power on the local authority to enter into a contract for the provision of making assets or services for the purposes of, or in connection with, the discharge of the function by the local authority.
- 7.4. The Procurement of the falls prevention contract needs to comply with the full requirements of the Councils' Contract Standing Orders found at Part 4 of the Councils' constitution. Where the contract is an above threshold contract for goods and/or services as defined by the Public Contract Regulations 2015, any procurement exercise to contract for those goods and services must be conducted in accordance with those Regulations and its requirements for advertising, tender process, evaluation and standstill, and failure to do so may be declared upon receipt of a procurement challenge, anti-competitive and in breach of the Regulations.
- 7.5. Entering into the Inter Authority Agreement (IAA) will create a legally binding relationship between the Councils and the other Districts and Boroughs, that the parties will be able to rely on. It is anticipated that the IAA will govern relations between the parties in relation to the falls prevention contract. It is in the Councils' interest to be parties to the IAA in order to input into the outcome of the falls prevention contract procurement. The form of IAA must be reviewed and approved by the Councils' Legal Services.

## Background Papers

- Report to JSC: Renewal of the Adur & Worthing Wellbeing Partnership, March 16 2022 Reports Pack [Item 7 Pages 67-104](#)
- [West Sussex Joint Strategic Needs Assessment \(JSNA\); Falls Prevention: Updated October 2022](#)
- [NICE Guidance Falls in older people: assessing risk and preventionClinical guideline \[CG161\]](#) Published: 12 June 2013
- NICE Guidance; Falls: assessment and prevention in older people and people 50 and over at higher risk (update); [In development \[GID-NG10228\]](#). Expected publication date: 21 August 2024
- Sussex Community NHS Foundation Trust Falls and Fracture Prevention Service website [here](#)



## **Sustainability & Risk Assessment**

### **1. Economic**

People at risk of falls are supported to increase their strength and balance to prevent issues occurring, reduce impact on support services and encourage more active participation in communities.

### **2. Social**

#### **2.1 Social Value**

People more at risk of falls include people over 65 years of age, people with lower educational attainment and people on lower incomes. Interventions carefully designed and targeted to engage people in these cohorts to reduce the risk of falls

#### **2.2 Equality Issues**

People more at risk of falls include people over 65 years of age, people with lower educational attainment and people on lower incomes. Interventions carefully designed and targeted to engage people in these cohorts to reduce the risk of falls

#### **2.3 Community Safety Issues (Section 17)**

Matter considered; no impact or risk identified

#### **2.4 Human Rights Issues**

Matter considered; no impact or risk identified

### **3. Environmental**

Matter considered; no impact or risk identified

### **4. Governance**

- Supports our Thriving Communities ambition
- No implications to the Councils' reputation or relationship with our partners or community
- No implications for resourcing, risk management (including health and safety) or the governance of the either Council