



The Centre of Health and Wellbeing
where great health and wellbeing are better together

THE CENTRE OF HEALTH AND WELLBEING

Invitation to tender

Deadline for tenders will be 25.6.2010
Shortlisted candidates will be interviewed on the 7th of July (am) 2010

Centre of Health and Wellbeing's Laughter Therapy programme:

The Centre of Health and Wellbeing (CHWB) seeks proposals, from individuals or organisations, to deliver its Laughter Therapy programme. This project requires a suitably qualified individual / organisation to develop, disseminate and test new tools associated with laughter therapy, in order to improve the health and wellbeing of individuals living in Edinburgh and the Lothians. The successful applicant will be required to work closely with a range of organisations including public sector, social enterprise, community and voluntary groups, and other organisations that could impact the programme.

Background Information:

Laughter groups were first set up in India by Dr Madan Kataria in 1995 and there are now more than 6000 laughter groups in various countries around the world. Laughter has been shown to improve health and wellbeing by increasing circulation and the amount of immunoglobulin in the bloodstream, which helps fight illness.

An estimated 70% of today's illnesses are stress-related. It has been medically proven that laughter yoga can reduce stress-related hormones such as cortisol and adrenalin, and increase the endorphins (good hormones).



The Centre of Health and Wellbeing
where great health and wellbeing are better together

Living with a long-term condition such as epilepsy, Parkinson's, MS, arthritis, depression, COPD and diabetes is very debilitating and adversely affects quality of life over a long time-period. This results in increased mental pressures for patient with long-term conditions, which affects not only the patients themselves but also their whole family. Mental pressures over a long time can lead to depression, which results in the prescription of anti-depressants, further adding to the number of drugs the patient is required to take.

This project will look at ways to reduce prescription of anti-depressants (in line with the Scottish Government's stated aim to reduce antidepressant prescribing by 10% (Better Health Better Care and Equally Well reports).

The Laughter Therapy project:

The Centre of Health and Wellbeing has produced a laughter DVD (of a comedy night held in November 2009) to use as the basis for developing accessible laughter workshops for people with long-term health conditions. These workshops will be monitored and evaluated to determine their impact, both socially and medically, in improving the health and wellbeing of participants. The work will be conducted in partnership with the NHS, mental health charities, local community groups and individuals with depression or long term conditions.

This project is aimed at 500 plus people, in Edinburgh and the Lothian's.

- Participants will take part in laughter workshops to be run in partnership with the NHS, mental health charities and local health groups. Participants will have their experiences measured in a number of different ways to ensure that the results have proper standing and can be used to further develop this work.
- We also intend to gather local evidence on the benefits of laughter e.g. local cultural references about laughter as an enjoyable form of exercise, a means for staying healthy, managing pain, reducing our levels of stress hormones and increasing our T cells (lymphocytes). We also wish to consult with people on the best ways to make



The Centre of Health and Wellbeing
where great health and wellbeing are better together

laughter therapy more widely available in the community. This will allow us to further develop the model, with the aim of defining the best method of service delivery to the wide group of patients with depression.

Objectives of this project:

- To develop, disseminate and test new tools associated with laughter therapy via workshops.
- To determine the most effective use of laughter therapy tools and techniques.
- To use these tools to improve the health and wellbeing of individuals living in Edinburgh and the Lothians (particularly those living with long-term conditions), and their families and carers.
- To impact on the number of prescriptions issued to deal with depression.

Anticipated outputs:

Delivery of this programme with reference to the objectives above and the following:-

- Quantify the number of people engaged with.
- Run a number of workshops using different laughter therapy ideas.
- Development of the ideal laughter workshop.
- Measure improvements in perceived health and wellbeing.
- Measure improved mental wellbeing of the individual and community spirit.
- Positive feedback from focus groups and individual questionnaires.



The Centre of Health and Wellbeing
where great health and wellbeing are better together

- Write a comprehensive report detailing all the above

Please submit a proposal including the following to lubnakerr@talk21.com:

- An overview of your approach to the project.
- A summary of the likely tasks of the project as you see it, and timescales.
- Details about who specifically will carry out the work and a summary of their relevant skills and experience. Please also attach an up to date CV.
- A breakdown of your likely budget including your daily rate and information about how you will provide value for money. Please note that no additional expenses will be paid to cover travel and incidentals such as stationery, printing, postage and telephone costs).
- Information about how you would add value to our existing ideas.
- Clarification of how you will manage this project, in order to ensure that you meet deadlines and budget requirements.
- Evidence of projects you have completed in the past.
- Details of at least two past clients we can contact for a reference.

Introduction to the Centre of Health and Wellbeing:

The Centre of Health and Wellbeing is a Scottish social enterprise with charitable status which aims to improve the health of people in Scotland. It currently does this thorough providing outreach health and wellbeing services to businesses / companies, with any surpluses being re-invested into disadvantaged local communities in order to benefit those most in need of our services. We work with businesses / companies to help them:-

- Look after the health and wellbeing of their staff.
- Achieve or maintain their Healthy Working Lives Awards.



The Centre of Health and Wellbeing
where great health and wellbeing are better together

We run healthy living workshops for staff, with a bespoke programme of health and wellbeing activities designed to suit the needs of each business.

Our services include the provision of:

- A comprehensive health assessment (blood pressure, blood sugar and cholesterol checks, waist circumference measurements and a health questionnaire).
- Various complementary therapies such as reflexology, head and neck massage, reiki and shiatsu.
- Yoga, motivational and stress-relieving therapies.
- Advice on exercise and nutrition is also available and healthy (low GI) food can be provided if required.

By using our services, the CHWB can help businesses to improve the fitness and wellbeing of their employees, which in turn may lead to an increase in productivity and reduction in absenteeism.

Timescale:

This will be a short fixed-term contract.

The successful tender will demonstrate the following:

- An ability to deliver the Laughter Therapy programme for people with long-term conditions, linked to the self-management strategy of the Long Term Conditions Alliance charity and national and local health improvement priorities, and in conjunction with the chief executive and the board of trustees.
- Excellent project management skills.
- Excellent written communication skills.
- Experience of producing reports.

"The Centre of Health and Wellbeing is a company limited by guarantee, registered in Scotland with company number SC336009 and having its registered office at 2 Millbank, Balerno, Edinburgh EH14 7GA. The Centre of Health and Wellbeing is also a Scottish charity with Scottish charity number SC039989 www.chwb.org.uk



The Centre of Health and Wellbeing
where great health and wellbeing are better together

- Good attention to detail.
- Excellent organisational skills.
- A professional attitude and an ability to work to deadlines.
- At least two year's experience of managing a complex programme of managing and motivating staff and of managing large budgets.
- Competence in carrying out book-keeping duties in relation to the project finances, including managing a petty cash system and contributing to the preparation of accounts.
- An ability to assist in the collection and collation of monitoring and evaluation data.
- Experience in dealing with a wide range of human resource tasks including organising the recruitment of new staff for the delivery of the programme.
- A sound understanding of the holistic approach to health and wellbeing.

Budget £3,500 in total this should include all travel, materials, printing, postage etc.

The deadline for tenders is 24th June. 2010 and applications should be submitted to lubnakerr@talk21.com.

Shortlisted candidates will be met in person on the 7th of July (am) 2010 before a final decision is made.

For further information please contact Dr Lubna Kerr by telephone on 07769683779 or by email at lubnakerr@talk21.com.