



<b>Request for Quote</b>	
Project:	Exploring options for group work facilitation. Jointly commissioned by Barca-Leeds and Northpoint Wellbeing.
Release date:	11 <sup>th</sup> October 2017
Brief description:	To research and write a report on the outcomes of different models of group support & therapeutic intervention; to outline criteria, pros and cons, opportunities and limitations for different models of group facilitation for future use. This includes three styles of groups: <ul style="list-style-type: none"><li>• Self-supporting groups</li><li>• Groups with a paid facilitator or coordinator</li><li>• Groups with therapeutic input</li></ul>
Budget:	Up to a maximum of £6,000
Timescales:	<b>Submission deadline is noon, 7<sup>th</sup> November 2017.</b> Shortlisting and interview: w/c 13 <sup>th</sup> November 2017 Decision: w/c 27 <sup>th</sup> November 2017 Project timescale: To start by 1 <sup>st</sup> January 2018 Expected duration: 2-3 months Final report expected by: 1 <sup>st</sup> March 2018

**Northpoint Wellbeing Limited** is a charity operating across Leeds and West Yorkshire. Our mission is to help people experiencing emotional distress. Northpoint Wellbeing deliver counselling, CBT, group therapy and support groups for a range of clients including adults, young people, parents and carers.

**Barca-Leeds** is a charity established 21 years ago to work with local communities in West Leeds. It has successfully developed since then to become a leading organisation across Leeds working with people who have the highest need in the fields of health and wellbeing. Our vision is that people and communities can overcome the consequences of deprivation, no matter what their circumstances. Barca-Leeds offers a broad range of

high-quality services that address the full range of issues and problems we see families struggle with every day.

### **Rationale for the commission**

Barca-Leeds and Northpoint Wellbeing run a variety of group sessions across Leeds and West Yorkshire, ranging from informal peer support groups through to those that require therapeutic input. In our ongoing attempts to tailor and improve the way we deliver support to the specific needs and number of individuals within our network, we are keen to understand and implement best practice in relation to groupwork.

We are seeking evidence-based criteria for developing and facilitating new groups, and managing the associated risks. In particular we are keen to understand when a group might benefit from being self-supporting, or using a paid facilitator, or being conducted by an appropriately qualified therapeutic practitioner. We would like to know what good practice and success look like, and what processes are available to measure these factors and outcomes in groups. We are also interested in comparing the merits of open or rolling groups versus closed groups.

Our overall objective of the project is to enable Barca-Leeds and Northpoint Wellbeing to set up groups with the appropriate level of therapeutic input and risk management to ensure they are as effective and safe as possible. Some risk issues we have identified include:

- ensuring dangerous or negative sub-cultures do not emerge in groups
- enabling structured challenge at appropriate times
- broadening perspectives on issues to explore them in more depth
- providing safe and appropriate closure on issues

### **More about our groups**

Commissioners regularly ask us to set up groups for a number of different reasons – sometimes to make funding go further by seeing a higher volume of people, to manage excessive demand and also to enable isolated people to build social connections. Current groups include:

- a diabetes group where people come together to build confidence and share ideas and knowledge on self-management; and to learn from health professionals
- eating disorders carers support group
- a men's group discussing anger, conflict, trauma and relationships
- a mixed gender group learning about CBT and other strategies to manage anxiety and depression
- two large mixed gender groups in a highly disadvantaged area for socially isolated and vulnerable adults at risk of exploitation from their local community which improves confidence and resilience

### **Specifics of the commission**

Research stage:

- Undertake desk research to understand the current literature available on the outcomes of different models of groupwork
- Attend and observe Barca-Leeds and Northpoint Wellbeing group sessions
- Consult with the group participants and other individuals

- Explore when having a peer leader / facilitator or qualified therapeutic practitioner is appropriate for a group, and understanding the levels of training and support that each would need to successfully lead and facilitate groups
- Identify what risk being managed in each scenario
- Explore why people join groups and the barriers to joining them and remaining in them

The output will be an accessible report and presentation that:

- Outlines the research findings
- Sets criteria for the development of new groups and managing risk in the future
- Makes recommendations that are practical for service managers to use

### **Qualities of the consultant**

Barca-Leeds and Northpoint Wellbeing are looking for an independent consultant with the following qualities:

- Prior qualitative and quantitative experience (including face-to-face) in a social science context
- Ability to work independently
- Ability to meet deadlines
- Report writing skills
- Appreciation and sensitivity to the needs of vulnerable communities
- Two references from previous clients
- Knowledge and understanding of different forms of groupwork

### **How to apply for this commission**

We are running a competitive process to appoint a consultant to complete this piece of work. Please cover the following in your application submission:

- What is your understanding of our research needs?
- Your relevant experience of research in a social science context
- The approach you would take to the desk research aspect of the this commission
- The approach you would take to the primary research aspect of this project, working with our own population of participants
- Describe the final output (report and presentation) you would deliver for this project
- Your approaches to project management, value for money and quality assurance. Including identifying how approximately how many days work you envisage this will take and a headline project plan.
- Please include CVs of the research staff who will be responsible for this work

Pre-submission questions and submissions should be sent electronically to [info@northpointwellbeing.org.uk](mailto:info@northpointwellbeing.org.uk). FAO Kat Donegan.

**The submission deadline is no later than 12 noon, 7<sup>th</sup> November 2017.** The tender panel will include representatives from both Barca-Leeds and Northpoint Wellbeing.

<p>Barca-Leeds: Registered Charity Number 1048996. Company No. 2949419          Northpoint Wellbeing: Registered charity No. 157908. Company No. 3216262</p>
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