

Working Group Advisory Member with lived experience

Lewisham Culturally Appropriate Adult Weight Management Services

Job Description

Post:	Working Group Advisor	Reporting to:	Susan Mubiru, Public Health Strategist
Division:	Public Health	Location:	Hybrid model- Online and in person at Laurence House or other venues
Grade:	£100 per meeting/ £125 per half day		

Background

Levels of obesity are increasing in all regions of the UK for both adults and children. It is associated with reduced life expectancy and a range of health conditions including type 2 diabetes, cardiovascular disease, liver and respiratory disease and cancer. Even moderate levels of obesity can reduce life expectancy by up to three years and severe obesity by eight to ten years. Obesity can also have an impact on mental health.

A review of Tier 2 weight management services in Lewisham found that while the ethnic composition of participants reflected the general population, there were disparities in outcomes. Asian and Black African groups had notably lower completion rates, and a significantly smaller percentage of Black African and Black Caribbean participants achieved a 5% weight loss compared to their White counterparts (40% vs. 57%).

Tier 2 adult weight management services are mostly community-based lifestyle programmes that help people lose weight and become more active. There are two tier 2 adult weight management services in Lewisham; Slimming World and Up!Up! which is for Black African and Black Caribbean residents.

Lewisham Council would like to recruit a community member with lived experience (i.e. living with obesity, or a previous user of weight management services) to join us as an advisor to help shape the next phase of Lewisham's culturally appropriate adult weight management service.

Purpose

Learning from previous work in Lewisham, the public health team understand how those with lived experience are ideally placed to help inform the continued procurement of services.

Role Content

After a series of community listening events, Lewisham Council will be establishing a task and finish group looking specifically at the co-design, appointment of a Provider

and mobilisation of the Lewisham culturally appropriate adult weight management service. The Advisor will be a key member of the group and will co-design the service specification together with other advisory group members, assess the bids for new service providers, and help develop the key metrics for continued review with the winning bidder. The Advisor may be asked to collect views from relevant communities and represent their thoughts in the planning and commissioning meetings.

Group members will also include Lewisham commissioners, members of Lewisham public health team and those working on tackling health inequalities.

Funding for this role will come from Lewisham Public Health Team and appointment to the advisory role on the Advisory Group will preclude the successful applicant and their associated organisations from bidding for the contract.

There will be an ongoing series of meetings, initially reviewing the published evaluations, followed by discussions on specifications. Necessary training will be provided to the successful candidate.

Here is a list of the processes that the successful candidate will be expected to contribute to:

- Contract award and mobilisation of service before close of the financial year 2025/26
- Bid review and appointing of qualified service provider
- Expression of interest and wide cascading to network of community organisations
- Co-design service specification
- Preliminary and planning meetings

Role Responsibilities and Impact

- Work collaboratively with other members of the Advisory Board to inform and oversee the re-commissioning process, providing input to the service specification, reviewing and scoring bids, interviewing and supporting development of key performance indicators and contract terms.
- To focus on Black African & Caribbean communities by offering innovative advice and dynamic perspectives on culturally appropriate adult weight management specific to the Lewisham community and offering a conduit for information to feedback to local communities.
- To be an advocate for improving the health and wellbeing of Black African and Caribbean communities through culturally appropriate weight management.
- Represent the views of the community and support the delivery of improved weight management outcomes for the Black African & Caribbean communities in Lewisham.

Impact of your Work

- You will contribute to meaningful work that will provoke change and support the development of a delivery model that can be applied to different ethnic communities and minority groups for future work.
- An opportunity to be a voice for the community and provide a viewpoint of evidence that will contribute to the future development of public health guidance for improving healthy weight outcomes for the African & Caribbean communities.

Supervision and Support

- The successful applicant will be supported by members of the Public Health and commissioning teams to ensure readiness and confidence to contribute to meetings.

Role Specification

Experience and Qualification

- Experience, either professionally or personally or both, of successfully working in similar roles
- Experience, either professionally or personally or both, of working in and around areas of deprivation

Knowledge

- Has demonstrable knowledge and or special interest in Black African and Black Caribbean culture and its impact on service uptake.
- Has demonstrable knowledge and or interest working with people from diverse cultural backgrounds.

Abilities

- Good Listening and communication skills demonstrated by the ability to read and understand reports of varying length/complexity to make recommendations that will inform decision making.
- The ability to use personal and/or professional knowledge and experience to contribute to the discussions and decision-making process

Attitudes

- A commitment to inclusivity, ensuring that cultural perspectives on food, health and healthy weight are respected and reflected in decision making and outputs of the Advisory Board.
- Willingness to engage with diverse communities, amplify their voice and provide a viewpoint of evidence that will contribute to the future development of public health guidance for improving healthy weight outcomes for the African & Caribbean communities.

- Dedicated to collaboration, working alongside professionals, members of the public and wide stakeholders to support meaningful change.
- Open to learning and constructive discourse with the ability to recognise diverse perspectives

Other essential criteria:

- Must be able to attend at least 80% of the Advisory Board meetings, arrive on time for both in-person and online meetings.
- Have access to a reliable computer device equipped with a functional and essential accessory to successfully attend the online meetings.
- Have access to a working space that is quiet, secure and in a private location for online meetings, free from or minimal external distractions for productive and uninterrupted participation.

Additional Information

The Advisory Board will meet several times over a 12-month period and sufficient notice (two weeks) of those meetings will be given. Meetings will be between 1.5 and 2 hours in duration.

Meetings will follow a hybrid model with both online and in-person meetings at various venues. The successful candidate will require access to their own computer devices for communication purposes.

Papers and briefings will be provided to the successful applicant in advance of the meetings to ensure they feel informed and empowered to partake in relevant discussions in the meetings.