



DORSET ACTIVATION STORY

Demand for HealthCare has been rising, placing pressure on all parts of the Health System. With a greater focus on prevention, we can keep people living healthier for longer. We know some groups of people experience significantly poorer health and differences in health experiences and outcomes, are avoidable, unfair and systematic. Research shows that appropriately designed behaviour change interventions and tailoring services to better meet people's knowledge, skills, and confidence, can both improve health outcomes and reduce inequalities.

In March 2025, the Prevention System Working Group delivered a "Sandpit" event, where local organisations could rapidly and safely experiment with new ideas including how 'Activation' might be best implemented in Dorset.

Organisations agreed to test and learn from:

- a simple, accessible and validated no cost tool, which assesses how activated a patient is to take care of their own health.
- co-designing, evidence-based initiatives, which tailor local services to individuals' needs (personalised care).
- evaluating the impact on health care utilisation and patients' access, experience and outcomes

NHS Dorset are looking for organisations, who have experience of working with diverse populations, to help co-design an Activation model, with Dorset people and patients, as part of the Prevention at Scale programme.



POPULATION

- You **MUST** engage with people and patients across all four activation levels
- You **MAY** engage with people and patients from one or more protected characteristics or health inequalities.

METHODS

- You **MUST** include in person activities
- You **MAY** include; questionnaires, digital technologies, telephone
- You **MAY** seek quantitative or qualitative feedback

FINDINGS

- You **MUST** provide a report on your findings by 27th Feb 26 based on the questions below.
- Findings **MUST** be able to be analysed by the four Activation levels
- You **MAY** use words, spreadsheets and visualisation tools.

Dorset's Single Activation Question

HOW GOOD ARE YOU AT TAKING CARE OF YOUR HEALTH?

We want to better understand:

- How people feel about the single activation question being asked?
- When is the best time to ask the question? (pre/during/post consultation?)
- Would people prefer the question to be asked in-person, online or by post?
- What types of responses people might give to the question?
- How do people feel about their answer impacting on their care?



We want insights to co-design the Service Model

- What might help people at different activation levels increase their knowledge, skills and confidence to take care of their health?
- Which types of services do people think might help support them at each Activation level?

RESOURCES

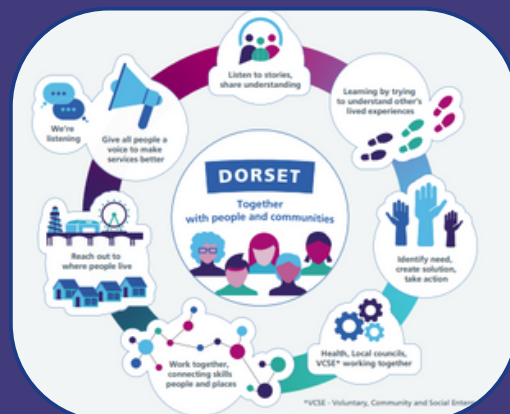
NHS Dorset can offer organisations a maximum of £25 per participant taking part with an indicative activity of 150 participants. Invoices submitted must be inclusive of all costs including VAT.

Organisations may:

- work with other organisations
- engage with all or defined population group(s)
- deliver all or a proportion of the indicative activity

HOW TO APPLY - Deadline 14th November 2025

We are seeking expressions of interest submitted to:
<https://forms.office.com/e/hcVXQPL9R8>



Engagement on behalf of NHS Dorset should follow the ICS Working Together with People and Communities strategy
<https://nhsdorset.nhs.uk/voice/opc>