

Health Promotion Service – Project Overview 2009/10

TITLE	Community Health Development Team
NATIONAL TARGETS (e.g. 'To reduce the under 18 conception rate by 50% by 2010)	<p>Reduce health inequalities by 10% by 2010 as measured by infant mortality and life expectancy at birth</p> <p>Tackling Obesity Halt the year on year rise in obesity among children under 11 by 2010</p> <p>Improving Sexual Health Reduce the under 18 conception rate by 50% by 2010</p> <p>Improving Mental Health and well being Substantially reduce mortality rates by 2010 from suicide and undetermined injury by at least 20%</p>
EVIDENCE OF EFFECTIVENESS (EG Research, NICE guidelines)	<p>Take Part - Active Learning through Active Citizenship – Home Office "Together We Can" – Health & Well Being DCLG NICE – Community Engagement in development published Feb 2008 UK National Report Social Inclusion – 4.2.4 Promoting Healthy Lifestyles</p>
AIM(S)	To stimulate and support local communities in actions, which will reduce health inequalities, improve quality of life and quality of opportunity for people experiencing disadvantage.
OBJECTIVES (THE OUTCOMES YOU HOPE TO ACHIEVE) ARE THEY SMART?	<p>Within one year we will achieve:</p> <p>50 community groups developing and delivering new community health projects with positive health and wellbeing outcomes for members of our communities</p> <p>Increase the number of people accessing current and developing community projects by 15% through promotion, advocacy and partnership working.</p> <p>50% of users of the project will report better wellbeing, self-esteem and personal development through access to the Healthy Living Initiative and its projects resulting in a feeling a positive health.</p> <p>20% of users will report positive behaviour change to their health and that of their communities</p> <p>Recruit three Health Trainers. Continued support for current Health Trainers to assist local people to make life changes to their health.</p>
ACTIVITIES	<p>Deliver the Small Grants Scheme to provide opportunities for community groups to develop projects with Healthy Living ideals and ethos including review and case studies for selected projects</p> <p>Deliver the Healthy Living Network News four times per year to disseminate national, regional and local information, success stories and items of good practice to community groups to promote and support community health development.</p> <p>Deliver training to community groups to build capacity, increase knowledge and promote good practice</p> <p>Take part in activity/exhibition days to promote Healthy Living and health promotion to a wide audience</p> <p>Continue to deliver the Step By Step Well Being Big Lottery project through a two level approach with a Community Health Development Worker and a Health Trainer. Work in</p>

	<p>partnership with Evaluators to ensure that the programme is correctly monitored and evaluated; ultimately ensuring 1500 people have gained in terms of the health over the 2.5 year period of the project.</p> <p>Work in partnership to promote, advocate and develop community health projects through strategic partnerships and grassroots working.</p> <p>Recruit three Health Trainers to replace the Step By Step Health Trainer and placement of additional two Health Trainers to work in partnership with Probation Service and in workplace health. Continued support for current Health Trainers to assist local people to make life changes to their health.</p> <p>To engage with local businesses to encourage them to train staff in RIPH II Understanding Health Improvement to become Health Champions.</p>
<p>EVIDENCE (HOW YOU WILL COLLECT THE EVIDENCE THAT DEMONSTRATES YOUR OBJECTIVES HAVE BEEN ACHIEVED)</p>	<p>Small Grants Scheme - Contact with recipient/s will require monitoring and evaluation through Small Grants Scheme Monitoring & Evaluation Support System including participant evaluation form including number of and increase of people accessing the service, behaviour change and reported change in self esteem, self development and/or wellbeing</p> <p>Feedback sheets for training and exhibitions</p> <p>Questionnaire to Healthy Living Network users on efficacy of service in promotion of healthy living and well being as well as community health development</p> <p>Record number of people accessing the service for support and detail type of support offered</p> <p>Health Trainer Database (national) to identify changes in health status and well being as well as numbers supported</p> <p>Step By Step – to be agreed with the regional Evaluators and the well Being Steering Group (SWHLA)</p>
<p>DELIVERY PARTNERS AND STAKEHOLDERS</p>	<ul style="list-style-type: none"> ● Community groups ● Statutory agencies including District Councils ● Health & Well Being Board ● Cornwall Strategic Partnership (Sustainable Strategy for Cornwall) ● Brook ● WILD ● NHS Health Trainers in Cornwall and Peninsular wide ● BTCV ● CN4C