

HEALTH PROMOTION SERVICE – QUARTERLY REPORT 2009-2010 (Q2)

PROJECT TITLE		EATSOME													
	Activities planned	Targets planned	Activities delivered and targets achieved	Evidence list	Variance	Action Plan to address any variance									
July-Sept 09 (Q2)	Parent Led Cookery Club	Support a parent led cookery club to manage themselves	St Blazey parent leader identified but not able to continue at present. Parent leads identified at Lighthouse Children's Centre and supported to continue.	Session notes	0	Follow up support after summer									
	Cooking in Early Years	1 course (10 beneficiaries)	Course delivered in St Day to 9 beneficiaries	Database	-1	Remain as is – more achieved last quarter									
	Early Years Nutrition Training	1 course (15 beneficiaries) for early years practitioners to compliment the HEY project	66 attendees on courses in Penzance, Falmouth and Liskeard	Evaluation report	+51	High demand, need and course satisfaction; Planning in new delivery in Q4									
	Weaning project	Develop questionnaire and interview key supporters	Parent questionnaire developed but on hold due to FSA project (tie in). Q for HVs developed. Key supporters interviewed.	Notes	0	Send out Questionnaire. Start organising Focus groups.									
	Healthy Weight Cookery Club	Cooking with at least 40 people	12 participants in Helston, 23 participants in Pool	Database	-5	Over past 2 quarters up by 1 against target therefore maintain as is									
	General Cooking sessions	Cooking with at least 40 people	6 participants in Bodmin, 6 from Fresh Start (St Austell), 6 from Cornwall Partnership Trust (Camborne)	Database	-22	Over past 2 quarters up by 21 against target therefore maintain as is									
	Healthy eating sessions	Healthy eating sessions for 35 people	<table border="1"> <tr><td>3, Cardiac Rehab - Truro</td></tr> <tr><td>6, Balance Group, Camb/Red Hospital</td></tr> <tr><td>6, Stonham Tu, Falmouth</td></tr> <tr><td>9, parentcraft - Launceston</td></tr> <tr><td>10, St Day Nursery</td></tr> <tr><td>10, Cardiac Rehab - Falmouth</td></tr> <tr><td>12, Breathe Easy, Pool</td></tr> <tr><td>15, Stonham - Newquay</td></tr> <tr><td>25, Prostate Support Association, Truro</td></tr> </table>	3, Cardiac Rehab - Truro	6, Balance Group, Camb/Red Hospital	6, Stonham Tu, Falmouth	9, parentcraft - Launceston	10, St Day Nursery	10, Cardiac Rehab - Falmouth	12, Breathe Easy, Pool	15, Stonham - Newquay	25, Prostate Support Association, Truro	Database	+61	Focus on delivery of cooking sessions next quarter
	3, Cardiac Rehab - Truro														
	6, Balance Group, Camb/Red Hospital														
	6, Stonham Tu, Falmouth														
	9, parentcraft - Launceston														
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15, Stonham - Newquay															
25, Prostate Support Association, Truro															
Get Cooking courses	28 people on Get Cooking course	0	Database	-28	Down by 28 people. Two courses planned for next quarter to make up shortfall										
Get Cooking graduates	ongoing support/follow up of graduates	Telephone and email support.	Database	0											
CHEFS award scheme	support steering group with award scheme as regards nutrition - attend meetings - review criteria for award - joint visit(s) to test award - plan training - support bid for new strands of scheme	All achieved and ongoing	Meeting minutes	0	Deliver training in next quarter for Env Health and Trading Standards officers on new criteria for award										
Big Lunch	support 5 Big Lunches (100 beneficiaries)	8 Big Lunches supported via grants, attendance at meetings and/or events, and with resources: Chyan Community Field, Lighthouse, Stonham - St Austell, Truro Young Women Centre, Malpas, Trelander, Alison Mitchelmore Interlink, Mid Cornwall, Mark Featherston - Bodmin Hospital Bowman Ward, Amanda Thornton - Bude's Big Picnic	Notes	+3 groups	Continue to promote at next year's conference										
Website and promotion	Monitor website and update (625 hits)	2266	Website	+1641											

PROGRAMMES WE SUPPORT AS FOLLOW ON TO TRAINING					
Fit Food For Families	Check Family Learning delivering to target (92 beneficiaries)	Family Learning have delivered 3 courses (as planned) to 60 beneficiaries.	FFFF report	-32	Down 32 over past 2 quarters. Discussed with Family Learning: More courses planned for Q3 and Q4. May not achieve target no. beneficiaries but will achieve target courses.
UNPLANNED ACTIVITY DELIVERED					
	200 beneficiaries through event	Stithians Show		+200	
	2 organisations supported	Ginsters supported on nutrition criteria to achieve CHEFS Presentation made at Knowledge Spa to medical bodies to inform them of our availability	Database	+2	

## FORWARD PLAN

Oct – Dec 2009 (Q3)	ACTIVITY	TARGET	NOTES
	<ul style="list-style-type: none"> <li>Parent Led Cookery Club</li> </ul>	<ul style="list-style-type: none"> <li>Monitor ongoing success of PLCC</li> </ul>	<ul style="list-style-type: none"> <li>Interim report on sustainability</li> </ul>
	<ul style="list-style-type: none"> <li>Cooking in Early Years</li> </ul>	<ul style="list-style-type: none"> <li>20 people (2-3 courses)</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<ul style="list-style-type: none"> <li>Fit Food For Families</li> </ul>	<ul style="list-style-type: none"> <li>107 participants (6 courses)</li> </ul>	<ul style="list-style-type: none"> <li>these are targets for Family Learning and are not enforceable by Eatsome. Our role is to support their learning and share good practice, as well as evaluating the impact of their courses (as part of our overall evaluation of cooking sessions)</li> </ul>
	<ul style="list-style-type: none"> <li>Early Years Nutrition Training</li> </ul>	<ul style="list-style-type: none"> <li>No need to do activity on this during this quarter</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<ul style="list-style-type: none"> <li>Weaning project</li> </ul>	<ul style="list-style-type: none"> <li>training course for 20 peer supporters</li> </ul>	<ul style="list-style-type: none"> <li>change to focus groups. Already did some training as part of nutrition training</li> </ul>
	<ul style="list-style-type: none"> <li>Healthier Food Special Diet</li> </ul>	<ul style="list-style-type: none"> <li>1 course (10 beneficiaries)</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<ul style="list-style-type: none"> <li>Healthy Weight Cookery Club</li> </ul>	<ul style="list-style-type: none"> <li>Cooking with at least 40 people</li> </ul>	<ul style="list-style-type: none"> <li>See action plan</li> </ul>
	<ul style="list-style-type: none"> <li>General Cooking sessions</li> </ul>	<ul style="list-style-type: none"> <li>Cooking with at least 40 people</li> </ul>	<ul style="list-style-type: none"> <li>See action plan</li> </ul>
	<ul style="list-style-type: none"> <li>Healthy eating sessions</li> </ul>	<ul style="list-style-type: none"> <li>Healthy eating sessions for 40 people</li> </ul>	<ul style="list-style-type: none"> <li>See action plan</li> </ul>
	<ul style="list-style-type: none"> <li>Get Cooking courses</li> </ul>	<ul style="list-style-type: none"> <li>40 people on Get Cooking courses</li> </ul>	<ul style="list-style-type: none"> <li>See action plan</li> </ul>
	<ul style="list-style-type: none"> <li>Get Cooking graduates</li> </ul>	<ul style="list-style-type: none"> <li>ongoing support/follow up of graduates</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<ul style="list-style-type: none"> <li>Health champions</li> </ul>	<ul style="list-style-type: none"> <li>ongoing support/follow up of HCs</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<ul style="list-style-type: none"> <li>CHEFS award scheme</li> </ul>	<ul style="list-style-type: none"> <li>Deliver training for EHOs and TS officers</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<ul style="list-style-type: none"> <li>Grants</li> </ul>	<ul style="list-style-type: none"> <li>Round 2 of grants (1000 beneficiaries)</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<ul style="list-style-type: none"> <li>Website and promotion</li> </ul>	<ul style="list-style-type: none"> <li>Monitor website and update (625 hits)</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>