

HEALTH PROMOTION SERVICE – QUARTERLY REPORT 2009-2010 (Q3)

PROJECT TITLE Eatsome						
	Activities planned	Targets planned	Activities delivered and targets achieved	Evidence list	Variance	Action Plan
Oct-Dec 09 (Q3)	Parent Led Cookery Club	Monitor ongoing success of PLCC	Lighthouse CC being encouraged to continue course. They are keen and have been on training but have yet to put it in place.			Another possibility is Trelander CC – to be contacted and offered training.
	Cooking in Early Years	20 people (2-3 courses)	2 courses – Trelander Children’s Centre (8 people) and Helston Children’s Centre (9 people)	Database	-3	Deliver an extra course next quarter
	Weaning project	Focus groups	Focus groups rescheduled for january	Emails	-1	Carry out and assess focus groups in jan
	Healthier Food Special Diet	1 course (10 beneficiaries)	1 course delivered to 9 individuals	Database	-1	
	Healthy Weight Cookery Club	Cooking with at least 40 people	Cooking with 26 people: Weight Matters Wadebridge, WM Bodmin, Helathy Cooking Camborne	database	-14	to meet year target need 53 participants in last quarter. We are likely to miss this target.
	General Cooking sessions	Cooking with at least 40 people	Cooking with 6 people at Ginsters	Database	-34	Year target is 150 people. We therefore need to achieve 30 in last quarter. Additional tutors employed for delivery.
	Healthy eating sessions	Healthy eating sessions for 40 people	7 at Fourways and 8 at Out and About	Databse	-25	Have already achieved year target

						so leave as is.
Get Cooking courses	40 people on Get Cooking courses	26 people	Database	-14		Need to deliver to 26 people in last quarter to meet target. Course planned for February.
Get Cooking graduates	ongoing support/follow up of graduates					
Health champions	ongoing support/follow up of HCs					
CHEFS award scheme	Deliver training for EHOs and TS officers	Training delivered to 34 EHOs and TS officers	Database			Monitor ongoing through steering group
Grants	Round 2 of grants (1000 beneficiaries)	Round 2 delivered – estimated 1869 beneficiaries	Database	+869		Underspend on funding. New round planned for Jan 2010.
Website and promotion	Monitor website and update (625 hits)	2465 unique visitors	Website	+1840		
PROGRAMMES WE SUPPORT AS FOLLOW ON TO TRAINING						
Fit Food For Families	Check Family Learning delivering to target (107 beneficiaries – 6 courses)	Family Learning have delivered 4 courses (46 beneficiaries). However, the planned delivery ran from Jan 09 to Dec 09 not April 09 to March 10. We therefore missed 82 additional beneficiaries in Jan –Mar 09.	FFFF report	-54		FL will deliver more courses in Quarter 4 to make up the difference.

		<p>FL have also delivered key healthy eating messages within other courses across the year to:</p> <p>14 parents [+14 children] in Jan-Mar 09</p> <p>23 parents [+23 children] in April-June 09</p> <p>33 adults and 34 children in Oct - Dec 09</p>			
UNPLANNED ACTIVITY DELIVERED					
	6 organisations supported	4 nurseries supported with menu planning (partnership with Trading Standards Nippers Nutrition project). 1 business supported with CHEFS award. 16 individuals at Job Centre supported to deliver key messages at their own branches	Database	+6	Each of these activities underpins the larger programmes we deliver.
	2 events supported	1 event at EDEN to support local producers (partnership as part of Growing Collaboration); 50 beneficiaires (estimate), 1 mental health event (poor attendance – 10 people)	Database	+60	

FORWARD PLAN

Jan-Mar 2010 (Q4)	ACTIVITY	TARGET	
	• Children's Centres	• Annual monitoring of healthy eating delivery	
	• Parent Led Cookery Club	• Evaluate through focus group. Disseminate learning to Family Services	
	• Cooking in Early Years	• 2 courses	
	• Fit Food For Families	• check FL delivering to target (54 beneficiaries)	
	• Weaning project	• Focus groups, recruit lead, design resources	
	• Healthy Weight Cookery Club	• Cooking with at least 53 people	
	• Keep it in the Family	• 1 course (20 beneficiaries)	
	• General Cooking sessions	• Cooking with at least 30 people	
	• Healthy eating sessions	• No target	
	• Get Cooking courses	• 26 people on Get Cooking course	
	• Get Cooking graduates	• ongoing support/follow up of graduates	
	• Health champions	• ongoing support/follow up of HCs	
	• CHEFS award scheme	• support steering group with award scheme as regards nutrition	
	• Grants	• Round 3 of grants	
	• Website and promotion	• Monitor website and update (625 hits)	
	• Annual conference	• 1 day conference to 80 people	
	• Annual evaluation report	•	