

Celebrating Our Outdoors

Healthy Living

The health of the UK population continues to improve, measured in terms of increasing life expectancy and decreasing infant mortality. However, significant problems remain. Health inequalities persist and obesity-related diseases are increasing. Poor health is expensive to the economy. For example, mental illness costs the UK an estimated £76 billion each year, obesity up to £3.7 billion per year.

This knowledge base shows that exposure to natural spaces – everything from parks and open countryside to gardens and other green space – is good for health. Contact with natural spaces can improve health directly and indirectly by encouraging physical activity and social contact. It has been suggested by Natural England's - Our National Health Service Paper that the percentage of green space in a person's residential area is positively associated with their perceived general health.

Various dimensions of the outdoor environment – such as the air we breathe and the scenery around us – can directly influence our health and wellbeing.

Exposure to natural spaces (everything from parks and open countryside to gardens and other green spaces) has generally been found to have positive benefits for mental and physical health. Studies have found that people with access to nearby nature are generally healthier than those without. It has been suggested that mental health is generally better in rural rather than urban areas, and that populations in urban areas with gardens and greenspace have fewer mental health problems, according to National England.

Physical activity is a current focus of the Government's fight against obesity and its efforts to improve and maintain

population health. Physical activity can help prevent or manage more than 20 conditions and diseases. The health benefits of physical activity include:

- reducing the risk of developing heart disease, colon cancer and type II diabetes
- helping to prevent/reduce osteoporosis

- promoting psychological wellbeing, reducing stress, anxiety and feelings of depression and loneliness.

The Community Health Development Team's Small Grant Scheme is keen to encourage people to become more active and to take advantage of our lovely countryside and we are pleased to have been able to help a number of projects that promote health and wellbeing.

For further information Contact Di Warren

Telephone 01209 313419

Torpoint's Well Women's Event

A Well Women's Event has recently been held at the Health Clinic in Torpoint and was organised by Becky Lingard from Community Health Around Torpoint (CHAT), our Community Health Development Worker, Beth Mitchell and Health Trainer, Marcia Henning.

Approximately 20 women attended, ranging in age from 19 to 80 years young. St Austell and Saltash Colleges provided tutors to give Indian head massage, yoga and breathing relaxation techniques. There was also jewelry making, card making and reflexology available to try.

Colourwise Analysis enabled those who took part to have a better understanding of how certain colours can affect mood, and for those who learnt to make avocado or strawberry face masks, these could then be taken home for a bit of extra pampering.

Such a good time was had by all that it is hoped to hold more of these events in the future.

**For more details contact:-
Beth Mitchell on 07881827461**

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Going Wild in Cornwall

Hearing from someone who has benefited from the Wild Walks run by the Health Trainers of BTCV, hopefully helps others to see that being out in our beautiful countryside and meeting new people gives a boost, not only to our physical health, but also helps to take care of our mental well being.

“Going out walking has meant a lot to me - I have been to places I never dreamed of going to, and I’ve seen things through fresh eyes, things that I have perhaps taken for granted,” says Pat Wildman. Pat is a member of the Wild Walks group that has taken her and many others to walks across Cornwall, from Chun Castle on Penwith Moors to Frenchman’s Creek on the River Helford and the wonderful Camel Trail.

Wild Walks is supported by conservation charity and member of the Healthy Neighbourhood Partnership, BTCV. The group has been set up to encourage people - and some dogs - of all abilities to enjoy the physical and emotional benefits of walking in Cornwall. The group meets twice a month and, since Autumn 2008, has attracted over 20 local residents from Penzance and Camborne.

“I have been coming out on Wild Walks since they first started”, says Pat. “Being out in the countryside gives me a sense of peace and I always feel more optimistic after a walk”, she adds. There are other benefits too according to Pat, “I’ve made new friends and I’ve learnt lots about the nature that we see on our walks”.

The group meets on the first Tuesday of the month for a short walk in the Penzance area, and on the last Tuesday



Pat Wildman (far left) with other members of the Wild Walks on a trip to Frenchman’s Creek

goes for a longer walk at various sites around Cornwall. Free transport is from pick up points in Penzance and Camborne and refreshments are laid on too. The group walks at a gentle pace and the routes are fairly level. “You can’t beat being out in the fresh air”, says Pat “And really we have surprised ourselves at how well we have been able to walk. One day we went to Loe Bar near Helston and I never thought we would get round the pool but bit by bit we did it – it was handsome day, I walked further than I ever thought I could”.

**For further details, dates and itineraries contact
Community Development Officer, Sarah Shuffell on
01209 610600.**

BTCV Green Gym and Healthy Towns



BTCV’s award winning Green Gym has captured the imagination of people across the world, with 95 community groups and 12 ‘School Green Gyms’ in the UK. Green Gyms enable people to increase their level of physical activity and improve their health whilst also improving their local environment. Green Gym groups can be found creating community gardens, growing their own

food and improving school grounds. Created by BTCV, the UK’s largest environmental volunteering charity, the Green Gym has been endorsed by Department of Health policy papers and the health benefits have been proven in independent evaluations.

BTCV invites local authorities and PCTs to include Green Gyms in their plans to become Healthy Towns. The health benefits

and the way in which the initiative meets the Healthy Towns criteria are outlined below. BTCV would be delighted to advise applicants on the inclusion of Green Gyms in their proposals, in order to demonstrate the support of the voluntary sector (which is also a criteria of Healthy Towns).

Endorsement from the Department of Health

- Healthy Weight, Healthy Lives: A Cross Government Strategy for England (DH, 2008) endorses Green Gyms as a strategy used by communities “to provide opportunities for [people] to increase their levels of activity in open spaces”.

- ‘Our health, our care, our say: a new direction for community services’ (DH, 2006). The Doncaster Green Gym was used as a case study for ‘Enabling health, independence and well-being’.
- The Choosing Health White Paper (DH, 2004) recognised that “A growing number of Green Gyms provide opportunities for exercise and developing social networks...[such] ..activities demonstrate how collective action can improve the environment for health”

For more information about Green Gyms : Visit www.btcv.org/greengym or telephone 01209 610610

BTCV Celebrates 50th Anniversary at The Lost Gardens of Heligan



On Friday 5 June (World Environment Day) our Healthy Neighbourhood partner, BTCV celebrated its 50th anniversary with a special event at The Lost Gardens of Heligan near Mevagissey. Over 100 volunteers and staff from across Cornwall and Devon attended the event, which was also part of BTCV's annual 'Spring into Action' campaign to encourage people to try environmental volunteering. Garden visitors were invited to join BTCV volunteers in a variety of exciting creative workshops, celebrating the achievements, and demonstrating the role of the BTCV over the last 50 years.

The focus of the hands-on workshops, was to get people involved, perfectly displaying the ethos of BTCV. With bat and bird box making, willow weaving and green woodwork workshops on offer there was something for everyone to enjoy.

Throughout the day a willow family sculpture was created to communicate the BTCV message, which promotes the vital connections between nature and people. This will remain at Heligan as a commemoration of the great involvement BTCV had during the early restoration of the gardens in 1991 and 1992. One of Heligan's founders, Tim Smit, is very excited to see the BTCV back in the gardens once more.

"I am a huge fan of BTCV as you can imagine. What was to become The Lost Gardens of Heligan was nothing more than a complete wilderness until a team from BTCV, led by the excellent Mr George Crumpler, arrived with a wonderful motley crew to start the big clearance. Quite simply without BTCV volunteers there would have been no Lost Gardens and the nation's favourite garden (as voted by viewers of Gardeners' World) would have remained silent, undiscovered and would have robbed millions of the pleasure that it has given them.

"The professionalism and enthusiasm of this volunteer crew is legendary and, as BTCV reaches its 50th year, it should be deeply proud. It has changed landscapes, it has provided respite for broken hearts and frustrated souls, it has provided purpose to the aimless and a darned good time to those who simply wanted to 'get down and dirty' doing something practical in a new environment. Most importantly, BTCV has played a huge part in the lives of many people teaching the simple truth of our connection to, and dependence on, the environment - a message whose truth and urgency has never been more needed than now. So...as we celebrate 50 years we should lift a glass to all those people whose comradeship and good heart have transformed so many places and lives for the better. Congratulations and may you go from strength to strength - we salute you."

Find out more about BTCV activities and events in Cornwall at: www.btcv.org Telephone 01209 610610

Saltash Walk

Marcia Henning, Health Trainer for Saltash and Torpoint Talking about the Saltash Walking Group.

When I started working in the Saltash area, one of the first things I wanted to do was set up a walking group. The only problem was where? I wanted to make use of the community café, Ashtorre Rock, with its fantastic views out over the Tamar and its legendary milky coffee! However, Saltash is a very hilly place and because I wanted to make my walk accessible to all, it wasn't going to be easy finding a route. I did some research and some risk assessments, but I wasn't happy with any walk that I found. It was always the same; not suitable for wheelchairs, prams or anyone who is a little unsteady, no refreshments or a boring route. So I kept putting it off. Meanwhile, my Shape Up Group was coming to an end and some of the participants had expressed an interest in a walking group. After discussion with my line manager, Beth Mitchell (who is also a walk leader for the group), she suggested we go ahead and start the group.

We started the walking group on 12 May, and haven't looked back since. We are an eclectic bunch of walkers, coming from all walks of life with ages ranging from early twenties to late seventies and not forgetting a little Jack Russell called Blue. All helping and supporting the less able members of

the group and finishing up with a drink and a chat at Ashtorre Rock. I still wasn't happy with the route and any new walker was subjected to my apologies for having to walk along a main road and down a steep hill. Recently we have changed the route slightly, walking down onto and around Salt Mill, stopping to admire the views across the Tamar to Dartmoor, in the distance. I'm not sure how I managed to miss this route but Beth's happier because I've stopped complaining!

The group has grown steadily and we have up to 20 walkers. Beth and I are so pleased with the outcome and it's a pleasure to lead (or follow) such a great bunch of people. Normally, the group walk under the Saltash bridge and they have all expressed a desire to walk across it. Twice we have planned to meet at the start of the pedestrian walkway and both times we have been rained off. Hopefully, sometime this summer we will manage to make it across and back without getting wet.

The walk starts from Ashtorre Rock, Old Ferry Road, every Tuesday at 10am. All are welcome.

For further details contact Marcia Henning Tel: 07795496623



Our Community Health Development Small Grant Scheme for 2009/10 is now into its second round of funding, with applications for up to £300.00.

The second round closes on 30 October 2009 with the panel sitting in early November. We aim to let projects know if they are successful within a week.

We are looking to ensure that this fund is able to support a wide range of groups within Cornwall, and, therefore, we wish to support projects that promote social inclusion through projects which:

- Support community health development through community involvement and participation;
- Support community involvement in active recreation and environmental projects;
- Promote arts for health within the community (all forms).

If you feel that your group or community could make a big difference with a little bit of funding, contact Di Warren for further information 01209 313419. Alternatively a Small Grant Application pack can be downloaded from: http://www.healthpromcornwall.org/index_HL_Grants.asp

Small Grant Scheme 2009 All Approved Round

| Organisation/Project | Title/Summary | Telephone | Whole |
|--|---|--------------|---------|
| Stonham Housing Association | To provide a six session baby yoga course for young mums | 01736 360777 | £294.00 |
| Newquay MIND | To run three yoga courses | 01637 871063 | £300.00 |
| Park En Venton Residents Group | Community event | 07814869005 | £110.00 |
| Cornwall Blind Association | To provide swimming sessions for the visually impaired | 01736 352007 | £300.00 |
| JPT Progress Residents Association | Fun Day | 01209 219367 | £281.47 |
| Stonham | To improve the fitness levels of clients at Roskear | 01209612352 | £300.00 |
| Skytip News | To produce a community newsletter for Penwithick area | 01726 850808 | £300.00 |
| Cornwall Women's Refuge | To provide 10 swimming lessons to clients | 01872 277814 | £300.00 |
| Cornwall Community Volunteer Services | Puzzle and poetry group for visually impaired and blind | 01209 711083 | £300.00 |
| Strawberry Lane Residents' Association | Community event for residents of sheltered housing | 01209 215846 | £300.00 |
| West Cornwall MIND | Provision of a shed on the MIND allotment | 07595221900 | £300.00 |
| Forget-Me-Not After School Club | To promote fun based healthy activities | 07724729110 | £185.00 |
| Torpoint CHAT | To provide relaxation therapy | 01752823251 | £300.00 |
| Friends of Gwithian Green LNR | Community involvement in a local nature event | 01736 753259 | £300.00 |
| The Early Intervention Team | An activity group for young people 14-35 | 01208 251372 | £300.00 |
| Comish Dancing - Parents and Children | To introduce a Cornish Dance After School Club | 01736 740408 | £300.00 |
| Liskeard and SE Cornwall Breathers Group | To arrange a transport for a series of walks for group | 01579346028 | £300.00 |
| Ginsters Gardeners Association | To provide equipment for a community allotment project | 01579 386200 | £250.00 |
| Waterside Colour Circle Workshop | Brochures for the disabled community | 07722690212 | £250.00 |
| St Cleer Parish Projects Group | Seating for a play area | 01579 348008 | £300.00 |
| St Cleer Skateboard Park Improvements | To involve local youngsters in painting the sides of the park | 01579 345039 | £300.00 |
| Caradon Senior Citizens' Forum | To provide transport costs to a summer event | 01579 342220 | £200.00 |
| Kingsand Bowls Club | To provide a new bowling mat | 01752822796 | £300.00 |
| Pensilva Carers | To provide entrance fees and transport for carers trips | 01579 363267 | £100.00 |
| ASK. Activities for Special Kids | An outdoor activity day | 01752 851612 | £280.00 |
| Torpoint Diabetic Circle | To book speakers on various health related subjects | 01752 815759 | £70.00 |
| Inbetweenies (Parent and Toddler Infant) | To provide play furniture for 0-4 year olds | 01752 822883 | £263.65 |
| Torpoint Youth Project | Dance for fun for young people | 07973813505 | £210.00 |
| Liskeard Looe Rugby Club | To purchase practice rugby balls | 01503 250562 | £100.00 |
| Saltash Girls Choir | Workshops to promote the joy of singing | 01752 843073 | £300.00 |
| Hatt Youth Sports | Redevelopment of play equipment in a children's play area | 07811068661 | £300.00 |
| Landulph Parish Projects | To provide a village notice board | 01752 845423 | £300.00 |
| Landulph Under 5s Pre-School | To purchase plants for a new sensory garden | 01752 845423 | £300.00 |



ShelterBox

In our last quarterly newsletter we included an article about our Easter events. ShelterBox very kindly gave us some portable cookers for cooking demonstrations by Fifteen Cornwall, and the Health Trainers were keen to show their appreciation by spending a morning helping to pack at ShelterBox's headquarters in Helston. The Health Trainers were shown how to pack toolkits which then go on to be included in a completed Shelterbox. A basic tool kit containing a hammer, axe, saw,

trenching shovel, hoe head, pliers and wire cutters can be found in every box. These items enable people to improve their immediate environment, by chopping firewood or digging a latrine. Then, when it is possible, they are able to start repairing or rebuilding the home they were forced to leave.

ShelterBox aims to connect donors directly with the people they are helping. By giving each box a unique number, and carefully recording where each one goes,



donors can track their box on-line to its final destination.

To find out more about the work of ShelterBox or

how you can help ring 01326 569782 or visit <http://www.shelterbox.org/index.asp>

The Health Trainer Service has Health Trainers based from Bude to Penzance

| | |
|---------------------------------|--|
| Amanda Thornton – | Bude Tel: 078244175555 |
| Marcia Henning – | Saltash and Torpoint Tel: 07795496623 |
| Bill Davies – | Liskeard Tel: 07825365478 |
| Jan Holroyd – | Newquay Tel: 07825365469 |
| Kate Farley – | The Clay Areas Tel: 07825365475 |
| Caroline Gayle – | Kinsmen and Berrifields, Bodmin Tel: 07866536995 |
| Ruth Thompson – | Malpas and Trelander, Truro Tel: 07817014743 |
| Angela Johns – | Redruth Tel: 07799340885 |
| Lesley Trenchard – | Parc and Tansys/Pengegon, Camborne Tel: 07825056580 |
| Bethany Shelton Fentem – | Parc and Tansys/Pengegon, Camborne Tel: 07740899599 |
| Michelle Nicholson – | Treneere, Penzance Tel: 07825056581 |

For further Health Trainer information contact:-
Alex Ollivier or Di Warren 01209 313419

Get Cooking in Bude

Beth and I held a Healthy Cooking Session in Bude at the Parkhouse Centre. Everyone was welcome except "Nigellas" and "Delias".

We had a very enthusiastic group with a mix of generations, ranging from a teenage mum and her one year old son to a gentleman in his seventies. The group started off on week one making pizzas and progressed to cooking a complete roast lunch.

The group worked together really well and it was great to see them sitting down when the food was cooked and enjoying eating it. The elderly gentleman surprised himself by suddenly discovering he did like garlic, having been avoiding it for years. He also discovered a hidden talent in decorating gingerbread people and we ended up with some very fashion conscious gingerbread ladies modeling cherry bikinis! He proudly took one to show his wife when he went to visit her in her nursing home.

We cooked, laughed and chatted our way through the four sessions and Beth and I earned the nicknames of "the two fat ladies"!

We were asked by the group to extend the sessions, they had enjoyed it so much. We also had some people who wanted to join us but could not make the sessions so watch out for Get Cooking in Bude 2.... coming soon to a different venue.

For further information Amanda Thornton
Tel: 078244175555

Step by Step

We are pleased to welcome a new Health Trainer, Samantha Jones who joined us in June. Sam is working on our Step by Step Project which is an NHS and Big Lottery funded project to provide support in areas that doesn't have access to a Health Trainer.



Sam Jones

As our other Health Trainers work in specific geographical locations, the Step By Step project was set up to help someone being outside of these locations but wanting the support of a Health Trainer to improve their health. Sam will be working with Suzy Hall who is the Community Health Development Worker for Step By Step. The focus of their work will be in:-

**St Austell - Wadebridge - Falmouth - Malabar (Truro)
Launceston - Callington - Gunnislake**

For further Step By Step information contact Suzy Hall mobile 07748920217,
Email Suzanne.hall@ciospct.cornwall.nhs.uk or Sam Jones mobile 07795451568,
Email s.jones@ciospct.cornwall.nhs.uk

Sam's Q & A column

1 What makes you happy?

Spending time with my man, family and friends, the sea and dancing.

2 How did you get involved in your job?

I was looking for a job to help people achieve and enjoy healthier lifestyles and the role of a health trainer seemed to fit so I applied and got it!!

3 What's the most challenging part of your job?

I cover a large area, so at the moment driving.

4 What do you do to relax?

I read and watch repeats of Friends.

5 Which famous person would you like to be?

None, I like being me.

6 Have you had any embarrassing experiences?

Lots like falling over on a night club dance floor when I was really giving it some (and I wasn't drunk).

7 What's your favourite food?

I love my boyfriend's homemade pizzas and a good Thai curry.

8 What's your favourite book, film, song or piece of art?

The Anne Rice vampire chronicles.

9 Who's your hero or heroine?

Do not have one, I admire Ranulph Fiennes.

10 And why?

Due to the amazing travelling adventures he has had.

11 What's your idea of a perfect world?

One where people respect each other regardless of religion and opinion. Families and friends are priority not work and money.

"Not once did she show any sign of disbelieving me, but spent time cheering me on for getting as far as I had, even though society hadn't helped

"I think it was her incredible ability to keep encouraging me... that made me start to believe I could go back to work again"

This is a quote from from Sue James-Smith, a client of the Step by Step Programme following the support she received from Suzy Hall, Community Health Development Worker (Step by Step). Sue has had a number of health issues which have impacted on her life, including her confidence. Working with Step by Step has helped her become a Health Champion and accepted an invitation from CN4C to go to Poland for a cross cultural event.

"I would recommend Step by Step to anyone facing difficulties getting back out there"

Health Events

December

International Day of Disabled Persons 3 December 2009

This day aims to promote an understanding of disability issues and mobilise support for dignity, rights and well being of people with disabilities.

<http://www.un.org/disabilities/default.asp?navid=22&pid=109>

Carers' Rights Day 4 December 2009

To raise awareness of the needs of carers, increase the take up of benefits and to make sure carers know their rights.

<http://www.carersuk.org/Newsandcampaigns/CarersRightsDay>

International Volunteer Day 5 December 2009

The annual celebration of the contributions of volunteers to various causes and communities around the world.

Plain English Day 8 December 2009

Organised by the Plain English Campaign, promoting the clear use of language in Government departments, local councils and business.

<http://www.plainenglish.co.uk>

Winter Solstice – Shortest Day 21 December 2009

Festival of Winter walks 29 December 2009

October

Breast cancer awareness month

Throughout the month, Breast Cancer Care aims to inform people about breast cancer and teach all women to be breast cancer aware

World Smile Day 2 October 2009

Every year on the first Friday in October we celebrate Smiley and his message of goodwill.
<http://www.worldsmileday.com/>

Byte Night 2 October 2009

The IT industry's annual sleep out in support of young people who are coping with life after care or facing homelessness.
<http://www.bytenight.org.uk/>

World Sight Day 8 October 2009

Held on the second Thursday of October each year, the event focuses on the problem of global blindness.
<http://www.v2020.org/>

World Mental Health Day 10 October 2009

The Mental Health Foundation focuses on world mental health and uses the 10 October as a day to communicate with the public on mental health issues.

Seed Gathering Sunday 11 October 2009

The Tree Council has designated the second Sunday in October as a day to gather seeds for

growing into the trees of the future
<http://www.treecouncil.org.uk/today.html>

Child Poverty Day 16 October

Support ActionAids Child Poverty Day and be part of the UK's biggest celebration of childhood and help end child poverty
<http://www.actionaid.org.uk/childpovertyday/>

Apple Day 21 October 2009

The annual celebration of the huge variety of apples grown in Britain and the richness and importance of traditional orchards

British Summertime Ends 25 October 2009

(Clocks go back one hour)

Wear Something Pink Day 31 October 2009

Wear something pink and donate £2.00 to Breast Cancer Research
<http://www.breastcancer-campaign.org/>

November

National Stress Awareness Day 4 November 2009

Organised by the International Stress Management Association UK, the theme for this year is 'Don't let stress get to you'

World Diabetes Day 14 November 2009

Celebrating the birthday of Frederick Banting who,

along with Charles Best, first conceived the idea that led to the discovery of insulin in 1921
<http://www.worlddiabetesday.org/>

Enterprise Week 16 - 22 November

The national celebration of enterprise, inspiring young people to turn their ideas into reality
<http://www.enterpriseweek.org/>

BBC's Children in Need Day 20 November 2009

The BBC's seven hour TV fundraising extravaganza
<http://www.bbc.co.uk/pudsey>

World Hello Day 21 November

Anyone can take part in World Hello Day simply by greeting 10 people. This demonstrates the importance of personal communication for preserving peace

National Curry Week 22 – 28 November 2009

<http://www.nationalcurryweek.co.uk/>

National Tree Week 23 November

- 6 December 2009
A major countrywide festival to mark the start of the planting season and celebrate trees and woods. It includes tree planting and other events, such as tree dressing, talks and story telling.
<http://www.treecouncil.org.uk>

Royal Society for Public Health

RSPH – Understanding Health Improvement Level 2

This is an accredited two day training programme that aims to equip candidates with a knowledge and understanding of the principles surrounding health and wellbeing, and of how to direct individuals towards further practical support in their efforts to attain a healthier lifestyle.

Health care is changing. The emphasis is shifting from just treating illness to promoting good health and individuals taking responsibility for their own health and wellbeing – whether it be quitting smoking, doing more exercise, losing weight, drinking alcohol wisely or eating five fruit or veg per day.

This course is suitable for organisations and individuals of all types in the public, not-for-profit and voluntary sectors. There are some free places available for those from the community and voluntary sector and those who are unemployed.

Dates available:-

Monday 19 and Tuesday 20 October 2009
or
Monday 18 and Tuesday 19 January 2010

Telephone Health Promotion
01209 313419

or download a booking form from
<http://www.healthpromcornwall.org>

Useful Contacts

The following is a list of useful contacts who are available to provide funding advice, help and support to community and voluntary groups across Cornwall & the Isles of Scilly.

Penwith:

Dilys Down 01736 330198

Kerrier:

Douglas Polman 01209 614909

Restormel:

Stella Jenkin 01637 893637

Carrick:

Trudy Swann 01872 264882

South East Cornwall:

Becky Lingard 01752 823251

North Cornwall:

Anna Hoyle 01208 832763

Isles of Scilly:

Helen McGuinness 01720 423680

Interlink Contacts

Kerrier and Penwith:

Douglas Polman 01736 334670

Restormel and Carrick:

Alison Mitchelmore 01872 264166

South East Cornwall and North Cornwall:

Vicki Horner 01208 832763

Cornwall Council Contacts

Cornwall Council has a localism area managers team who are in place to support community and voluntary groups within their district.

Localism Area Managers:-

East - Seve Befford-Foster
01579 341405

Central - Rob Andrew
01872 224239

West - Matthew Barton
01736 336880

Healthy Living Network News is the Health Promotion Service Newsletter for those involved in community health development. Editor: Alex Ollivier, Tel: (01209) 313419. Queries to Healthy Living Network News, Health Promotion Service, The Kernow Building, Wilson Way, Pool, Redruth, Cornwall TR15 3QE. The opinions expressed in this newsletter are those of the contributors and may not necessarily reflect those of the Health Promotion Service. The editor reserves the right to refuse or edit articles submitted.

The Health Promotion Service provides services on behalf of Cornwall & Isles of Scilly Health Community

Deadline for next newsletter 5 November 2009

Healthy Living

