

TITLE	Healthy Living Initiative
CHOOSING HEALTH Priority area(s)	Tackling Health Inequalities Improving Sexual Health Improving mental and well being Helping children and young people lead healthy lives Promoting healthy and active life amongst older people Promoting personal health
AIMS	The overall aim of the Healthy Living Initiative is 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	<ul style="list-style-type: none"> ● Increase in health related behaviours and activities ● Increased access to Healthy Living Initiatives and activities for isolated and disadvantaged groups ● Increase in community and health regeneration activities

<p>ACTIVITY from APR 05 by PCT area</p> <p>(include quantitative data where possible)</p>	Small Grants Scheme 2005/6					
	District	Appraised	Requested	Approved	Amount	Beneficiaries
	WoC PCT	27	£7,547.62	22	£5,574.43	1879
	N&E PCT	54	£12,936.92	42	£10,171.20	6491
	Central PCT	39	£10,786.32	26	£6,275.31	1988
	Total	120	£31,270.86	90	£22,020.94	10358
	Training Delivered (48 participants)					
	Business Planning & Funding Applications - 9 delegates					
	Power Tool Kit - 7 Delegates					
	Governance Training – 32 participants					
	Events organised/attended with poster display/workshop					
	<ul style="list-style-type: none"> ● Mental Health Day – 150 participants (Countywide) ● North Cornwall HLF/Interlink – (Bude & Wadebridge) 100 participants (N Cornwall) ● BT Workplace – 50 participants (Countywide) ● Redruth School NUT Evening – 40 participants (WoC) ● Celebrating Diversity – 100 participants (Countywide) ● Spring Into Action (Central) ● WCCN Conference – Powertool Kit Training Workshop – 10 participants ● MS Awareness Day – 60 (WoC) ● Community Energy Plus Open Day – 20 (Central) ● Recipe For Success – 16 participants (Countywide) ● Falmouth Healthy Living Day – 70 participants (Central) ● Caradon Centre For Volunteers – 20 participants (N&E) ● St Ives Interlink – 20 participants (WoC) ● SE Healthy Living Day – 30 participants (N&E) ● Launch of Benefits Awareness – 80 participants (N&E) ● St Mellion (Duchy & HSE) – 80 participants (Countywide) ● Meet the Funders - 30 participants (Central) ● Cornwall Funders Advisors Network – set up and delivered x 3 – 150 participants 					
	<p>Total number of people supported is 1026 split into the following areas:</p> <ul style="list-style-type: none"> ● Countywide 546 ● North & East 230 ● Central 120 ● West of Cornwall 130 					
	<p>Healthy Living Network Newsletters distributed twice throughout the year to 763 members. Throughout the year the Community Worker attends the Healthy Living Forums/Interlinks in each district run generally on a quarterly basis.</p>					

Support provided to the following groups/organisations

- Brook – assistance with funding £130k
- WILD – supporting through managements committee
- WCT – Chair Health & Well Being Sub Group and sit on Board
- Migrants Workers Sub Group of Inclusion Cornwall (Migrants Worker Pack and Launch)
- Grapevine (Social inclusion project in Bude – continuation project funding)
- North Cornwall Skills Group – sub group of North Cornwall LSP
- Steering Group member of WCHLC
- Carrick Community Alliance (Sub group of Carrick LSP)
- Carrick Investment Board (Sub group of Carrick LSP)
- Cornwall Strategic Partnership
- Development and support of two LAA Targets – Health Inequalities and Obesity
- Community Development Forum
- Support and development of the NHS Health Trainers in Cornwall and Peninsular wide
- West Cornwall Community Network – consortium – appraisal of Community Chest and Learning Chest projects

DELIVERY PARTNERS

- Arts For Health
- Bishops Forum
- Brook
- Carrick Community Alliance
- Carrick District Council
- Community Energy Plus
- Community Health Around Torpoint
- Connecting Communities
- Cornwall Centre For Volunteers
- Cornwall Enterprise
- Cornwall Neighbourhoods for Change
- Cornwall Strategic Partnership
- Cornwall Youth Work Partnership
- CRCC
- East Cornwall Council For Voluntary Services
- Friends of Newquay Hospital
- Grapevine
- Health Visitors
- Hypatia Trust
- Inclusion Cornwall
- Kerrier District Council (regeneration team)
- Liskeard CAB
- Malpas & Trelander Community Project
- Newquay Anti Poverty Initiative
- North Cornwall District Council
- Penwith Community Development Trust
- Penwith District Council
- Penwith Housing Association
- Polzeath Residents Association
- Rural Community Link Project
- Truro Nursery School
- WCHLC
- West Cornwall Community Network
- West Cornwall Together
- Westcountry Housing Association
- WILD
- Young Carers Project
- Zebs Youth Project

The above shows our main partners however through the Healthy Living Network and other Healthy Living Forums we have many other partners who are able to network, disseminate information and promote the ethos of healthy living.