

The benefits of going walkies...

As you will see from the Events Calendar (p5) it is national Take Your Dog to Work Day, on 14 September, which aims to promote the positive effect that dogs can have on the mental and physical well-being of people around them - and to invite dog owners to consider how they can spend more time with their pets.

And why not? A colleague of mine, Chris Cleator from LEAPActive has always said that, "a dog is the best personal trainer you can ever have." Walking is a great way for you to boost your fitness levels and improve your overall health; remember that walking for 20 minutes at an average pace can burn over 100 calories. If you have a dog, it is virtually impossible to ignore the pleading eyes and the wagging tail beseeching you to join them on their daily adventure. Research (<http://stress.about.com/od/lowstresslifestyle/a/petsandstress.htm>) has also shown that having pets can help to:

- Improve Your Mood:
- Control Blood Pressure:
- Encourage You To Get Out And Exercise:
- Help With Social Support:
- Stave Off Loneliness and Provide Unconditional Love
- Reduce Stress

There is also the story of Rupert the cocker spaniel in a Bradford Recruitment Agency, as reported by the BBC in February 2006, who raised the spirits of employees and helped some give up smoking.

Relay Recruitment spokesman David Gatehouse said: "We're delighted with the effect Rupert has had on staff health and morale.

"We initially brought him in because we'd seen research which said that having a pet reduces stress and increases a feeling of well-being.

"We thought we'd bring in a dog so people could make a fuss over him and it would lift morale, especially during the depressing days after Christmas and New Year.

"Then somebody suggested instead of having a fag break they'd take him for a 10-minute walk round the block.

"The idea caught on and now four or five people have given up smoking altogether and others are cutting down.

"They're also losing weight because of all the exercise they're getting."

Retelling this story to Lynda Quee, Cornwall Stop Smoking Cessation Manager, she said, "That fits perfectly with the advice we offer people; to use physical activity as a way of dealing with cravings".

So, let man's best friend help you with your own health and enjoy all the benefits that come with having a pet in your life.

Alex Olliver

Deadline for next newsletter 5 November 2007

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Healthy Living Network News is the Health Promotion Service Newsletter for those involved in community health development. Editor: Alex Olliver, 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

Clean Cornwall Initiative

Cornwall Waste Action (CWA) is supporting the development of the Clean Cornwall Initiative by the Cornwall Litter Partnership and will help support the involvement of community groups in Clean Cornwall week (15th - 23rd September).

The newly formed Cornwall Litter Partnership includes a diversity of organisations, including local authorities, the private and public sector as well as the community and voluntary sectors. The initiative intends to influence the behaviour of people who litter our roads, towns, beaches and countryside.

Clean Cornwall aims to reduce litter in Cornwall by:

- Raising awareness of the problems caused by litter.**
- Campaigning to change behaviour.**
- Improving the way local councils and others manage litter.**
- Supporting community efforts to reduce and collect litter.**

We are keen to encourage the involvement of CWA network members in "Clean Cornwall Week" when volunteers from all over Cornwall will be able to get involved in removing litter from Cornwall's beaches, towns and countryside from 15th - 23rd September.

Clean Cornwall want to co-ordinate the already great work which is being carried out by voluntary groups across Cornwall and have deliberately chosen this "week" in September to coincide with the annual Beachwatch event which is organised by the Marine Conservation Society.

It is intended to have a 100 different clean ups, some will be beach focused, others centred around community spaces or the countryside. This is an opportunity for the community sector to lead on Clean Cornwall Week and for groups to celebrate the importance of a clean local environment.

Cornwall Waste Action are holding a big beach clean at Marazion beach on Sunday September 16th from 3 - 6pm, which will include a free bar-b-que for participants and entertainment.

The Liskeard Litter ladies are going to be very busy during the week, whilst Rezone Kernow are planning a clean up event in Bodmin... we want to know what the rest of CWA network are going to do for their community during Clean Cornwall Week!

We are also keen that other community groups who are not part of our network but are interested in organising local litter picks and beach cleans as part of Clean Cornwall week, contact Cornwall Waste Action on 01736 334684 or email info@wasteaction.org.uk for support and advice.

Healthy Boxes

Well, I suppose we are making a start at becoming "green" with our environment. And, in its broadest sense that means doing the right thing by the world we live in; recycling, reducing carbon footprints, sustainable sources, etc, etc.



But what about being "green" to ourselves? I don't just mean eating cabbages. We want to treat the world well so why not our bodies? Instead of filling them with junk food and E numbers we could drink more water, take exercise each day and eat a balanced diet. A balanced diet means we can eat everything in moderation- there is no such thing as bad food and good food. Look at it the other way, think of the consequences of not being "green" with ourselves; heart disease, high blood pressure, strokes, obesity, bowel cancer just to name but a few. Too much to think about? Where to start?

What about a Healthy Box? This is a box of vegetables that contains potatoes, 5 or 6 other seasonal vegetables and some fruit. The vegetables are grown in the SW to reduce food miles, the farmers get a fair price for their produce, and it's fresh. The box will keep a small family going for a week and a larger family will just need to top it up. The box comes with a recipe card each week to give you a new ideas. You might find a vegetable that you've never had before, but because you are going "green" and you've paid for it you won't waste it but will give it a go. You might even like it.

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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 the county.

Healthy Living Forum leads

Penwith:

Dilys Down 01736 330045

Kerrier:

Douglas Polman 01209 614909

Restormel:

Stella Jenkin 01637 893637

Carrick:

Trudy Swann 01872 264882

Caradon:

Liz Webb 01579 348844

North Cornwall:

Jessica Pytel 01208 265624

Isles of Scilly:

Joel Williams 01720 423680

Interlink contacts

Kerrier:

Douglas Polman 01209 614909

Penwith:

Becky Trehair 01209 614900

Restormel and Carrick:

Alison Mitchelmore 01872 264166

Caradon and North Cornwall:

Lydia Bilson 01208 75799

District council contacts

Each district council has a community team who are in place to support community and voluntary groups within that district.

Penwith:

Kelly Russell 01736 336899

Kerrier:

Josyanne Thatcher

01209 614061

Carrick:

Martin Searle 01872 224428

North Cornwall:

Jessica Pytel 01208 265624

Caradon:

Alison Gibson 01579 341030

Restormel:

01726 223618

The Besom

The Besom is a Christian charity, founded in 1987 by James Odgers. We form a link between people in churches who want to give time, skills and things, and the people most in need of that help in their community. The Besom only takes quality items in very good condition. People give furniture, clothes, crockery, toys, computers, fridges – anything you need to make a home. We collect the items and pass them on straight away.

Where we are based and the area we cover: We are based in St. Austell and cover the town and out lying areas as far as Par, Bugle, Roche, St. Dennis, Gorran and Mevagissey. We may go a little further in exceptional circumstances.

How We Can Help: Besom helps people no matter what their circumstances or beliefs who, for whatever reason, are in need in the local community.

Furniture and household goods

If an agency refers a client to us and we are in a position to help, we arrange a meeting to assess the client's needs. Wherever possible we meet with the referring agent in the recipient's home where we work through the property room-by-room to see what they want. When it comes to furniture and household goods, we take on 3-4 referrals at a time. We work with them for 6-8 weeks and during that time try to give them what they need. Since we are dependant on people's giving, we can never guarantee what we will be able to provide, but usually we find we can give most things.

Clothing and other items

Referrals can be made for clothing and other personal items. We only pass on high quality, nearly new items for babies, children and adults.

Practical projects

Groups and individuals from churches approach Besom offering their time to undertake practical projects in their local community.

Besom makes no charge

The Besom provides a bridge between those who want to give and those who are in need

St Austell Besom, 07790933050, staustellbesom@aol.com, www.besom.com



Get into... Boats

with The Prince's Trust

Are you aged 16-25, unemployed and enthusiastic about boats?

The course provides the chance to cut away from normal life by sailing around the West Coast under the guidance of professional crew trained in helping disadvantaged young people to improve their outlook on life. Living aboard a wooden boat is a fine challenge for anyone, but maybe easier to achieve for young people who are more likely to get used to it in a very short time.

This particular course will help young people to develop their characters by learning skills such as:

- Improve teamwork
- Problem solving skills
- Learn to value self-reliance, taking responsibility for themselves and others
- Social inclusion
- Respect for the outdoor

They will also learn practical skills such as:

- Basic seamanship, navigation, tidal awareness, sailing, rowing
- Budgeting, menu planning, nutritional awareness, cooking
- First aid
- Decision making

No previous sailing experience is necessary. We provide fully trained instructors and a high standard of safety and safety equipment. Cremyll Sailing is an RYA and AALA recognized training centre and all our staff are police checked

Don't delay, come to our taster day on 5th and 12th of September

Course dates are September 17th 21st and 24th - 28th
October 1st -6th, and 8th - 12th

Interested?

For more information and to find out about taster days please call Liz on 01752 251051 or 07887 884 653

Healthy Boxes

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Whereas you probably wouldn't put something you'd never tried before in your supermarket trolley. And the best bit, when it comes to your pocket, is that a box only costs £4.00 and if you have Healthy Start vouchers you can use them towards the cost.

The advantage of a Healthy Box is you don't have to think about it. It's there ready to use - you are tackling all those health nasties and giving your bodies a chance to go "green" too. Healthy Boxes started in Penwith moved into Kerrier and are spreading to the south and east of the county over the summer and early autumn. As long as your area will take the minimum of 10 boxes per week then Healthy Boxes will be there. See our web page for more details www.healthyboxes.com

Healthy Boxes is supported by a number of agencies:- Penwith District Council, Penwith Community Development Trust, Neighbourhood Renewal Fund and Cornwall Works. Cornwall Works even include their telephone number in each Healthy Box so if you are thinking about returning to work or want to discuss the things that are preventing you from working – be it child care, benefits, training or transport, for example, they would love to hear from you. They could be in a position to help. And that's being "green" too by being fit for work!

Contact: Hugh Lucas, Co-ordinator, telephone 01736 811124 or e-mail hugh@healthyboxes.co.uk

Q & A column

Having called in a favour from a long time ago, John Ede MBE, the manager of Liskeard Citizens Advice Bureau, agreed to answer our questions for this publication of the Health Living Network News, however he did not agree to send a photo!

John has been instrumental in promoting the understanding of just how widespread and profound the level of poverty is in Cornwall. John is also working on the successful Invest to Save project “Real Choices – Tackling Child Poverty in Cornwall” and the Local Area Agreement target Strong 7 “**Increase opportunities and reduce indebtedness for People who are income deprived**” amongst many other projects.

What makes you tick?

Working with a team of great people, and being able to help others.

How did you get involved in your job?

I volunteered to train as a Citizens Advice Bureau Advisor in 1993, an opportunity that really did change my life.

What is the most challenging part of your job?

Coping with the increasing expectations being placed on the voluntary sector, best summed up with the expression “Fine, Good, but MORE”.

What do you do to relax?

Walking, photography and reading books.

Which famous person would you like to be?

David Attenborough, because of his superb communications skills.

What's your motto?

“Never doubt that a small group of thoughtful citizens can change the world: indeed it's the only thing that ever does” Margaret Mead.

What makes you happy?

Evening sunshine on Bodmin moor.

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

Book: - The Hitch Hiker's Guide to the Galaxy, Douglas Adams

Film: - The Thomas Crown Affair - the original with Faye Dunaway & Steve McQueen

Song: - Mr Tambourine Man, Bob Dylan

Art: - painting of A Cornish Engine House by a local artist M Stephens.

Who is your Hero or Heroine?

Fred Dibnah

And Why?

A practical hands on craftsman who managed to change the way people think, in his case about Industrial Archaeology.

What's your idea of a perfect world?

A world where policy makers at all levels could take the time to understand the causes of poverty faced by so many, and where a real investment approach could be made to prevent disadvantage flowing down through the generations in Cornwall.

EVENTS

September

Organic Fortnight

01 - 15 Sep 2007

The Soil Association's celebration of organic food and farming.

'Know Your Numbers!®' Week

10 - 16 Sep 2007

The Blood Pressure Association's Know your Numbers! Week is the nation's biggest annual blood pressure testing and awareness event.

Advice Week

10 - 16 Sep 2007

Citizens Advice Bureaux across the UK highlight their key role as community charities.

Take Your Dog to Work Day

14 Sep 2007

Encouraging dog owners to spend more time with their animals by offering them a taste of working life.

Clean Up the World Weekend

14 - 16 Sep 2007

Clean Up the World Weekend - communities around the world will make their local environment a cleaner, healthier place to live this weekend.

Yummy Mummy Week

15 - 23 Sep 2007

Grab the girls and have a Yummy Mummy Night In or Out whilst raising money for children with cancer and their families.

Children's Hospice Week

15 - 22 Sep 2007

Launched in 1998 to raise public and professional awareness of children with life-limiting conditions and their families, and of the unique service and support that children's hospices provide.

Seed Gathering Season

23 Sep - 23 Oct 2007

The Tree Council annual autumn festival makes the most of trees for

their seeds, nuts and fruits and autumn colours.

Freedom Food Farm Animal Week

24 - 30 Sep 2007

This year's RSPCA Freedom Food Farm Animal Week will run under the theme, Good for animals, Good for farmers, Good for you.....

Lick Child Poverty

28 Sep 2007

ActionAid is asking people in the UK to re-live their childhood for a day in a bid to raise as much money as possible to help put an end to child poverty.

October

British Food Fortnight

22 Sep - 07 Oct 2007

The sixth British Food Fortnight is the biggest national celebration of the diverse and delicious range of food that Britain produces.

World Smile Day

05 Oct 2007

Every year, on the first Friday in October we celebrate Smiley, his message of goodwill, and World Smile Day.

British Sausage Week

15 - 21 Oct 2007

The Cystic Fibrosis Trust is pleased to be linking up with the British Sausage Appreciation Society for the 10th Anniversary of British Sausage Week.

RSPB Feed the Birds Day

27 Oct 2007

With summer nights already forgotten and the clocks going back, October is the perfect time to prepare gardens for the cold months

ahead and to start feeding the birds for the winter.

November

Road Safety Week 2007

05 - 11 Nov 2007

Every day, ten people are killed and ten times as many are seriously injured on Britain's roads alone. Road Safety Week is for everyone and everyone can get involved!

National Adoption Week

05 - 11 Nov 2007

Aiming to raise awareness about adoption and recruit adoptive families for the 4,000 children who are currently in care waiting to be adopted.

Dress Spotty Day

09 Nov 2007

Getting the message across that spotting symptoms of bowel cancer early is important.

BBC Children in Need Appeal

16 Nov 2007

The BBC Children in Need TV show is a seven-hour TV extravaganza. It serves up many chances to spy famous pop stars, celebrities and actors performing and doing things they wouldn't normally do! So don't miss it.

11 MILLION Takeover Day

23 Nov 2007

The Children's Commissioner for England, Sir Al Aynsley-Green, is inviting decision-makers across the country - from government and local authorities, to businesses, charities, schools and the media - to invite children and young people to take over their organisations for one day.

Look on the bright side of life !

The South East Cornwall Healthy Living Forum are hosting an event at Millenium House, Pensilva on 4 November to demonstrate how laughter and humour contribute hugely to our health and wellbeing.

The day will demonstrate just how good you can feel by enjoying yourself – so although we want you to have a good time, it's really to emphasise the health benefits and the effects on your mental and physical wellbeing. Come along and enjoy yourself – then take back what you learn to your community groups so lots of people feel the benefit. Please get in touch with Liz (lwebb@caradon.gov.uk, tel. 01579 348844) or Derris (derris.Watson@btinternet) to attend.



Prescribing Books

Libraries may not be the place you first think of when you need to collect a prescription. But in Cornwall, you can go to your local library, to pick up a book which has been prescribed for you!

In September Cornwall County Council will be launching a new Books for Parents and Carers service. A group of professional advisers working in Cornwall, who are also parents, have put together a list of books which can help other parents and anyone else involved in the care of children such as grandparents, foster parents, childminders, Brownie leaders – you know who you are! We have had books recommended to us by a wide range of people who are experts in such areas as healthy eating, bereavement care and parenting skills, and the books cover everything from breastfeeding to bullying, toddlers to teenagers.

Leaflets will be available from a variety of places including libraries, schools and children's centres, and online at www.cornwall.gov.uk/cypfdirectory. Professionals who are working with families on a one-to-one or group basis will also be able to "prescribe" books which they feel will be helpful in a particular situation. You can get the books from your local library, or order them online at www.cornwall.gov.uk/library. If your library doesn't have the books you want on their shelves, there is normally a small fee for ordering them (currently 70p per book, or 50p if you have concessionary ticket, use the mobile library or order online) but if the books are "prescribed" there will be no charge. And joining the library is also free!

We have also recently issued the second edition of our Books on Prescription leaflet. This is a list of self-help books on a variety of topics such as depression, panic, eating disorders, insomnia, anger management and stress. This leaflet has been produced by libraries and the NHS. All of the books on it have been recommended by experts, and endorsed by mental health professionals working in Cornwall and Devon. Look out for them in places such as GP surgeries, health centres and libraries. Just like Books for Parents and Carers, these books can be ordered or borrowed from your local library, and if they have been prescribed by a health professional there will be no charge to order them.

So, whether you are a professional who would find these services helpful for your clients, or a client who would like a book prescribed for you, or you would just like to "prescribe" a recommended book for yourself, do look out for our leaflets or contact me for more information. At some stage in most of our lives there may be a time when a book can help us to help ourselves.

Alison Gunderson, Library Service Outreach Officer
agunderson@cornwall.gov.uk
phone 07968 892196

Grants

Protect statutory grants, says Navca

Navca (the National Association for Voluntary and Community Action) is calling on the Government to make clear to local authorities that they should continue to provide grant funding to local voluntary and community groups.

In its latest report, Why grants are important for a healthy local VCS, the umbrella body calls on the Office of the Third Sector and the Department for Communities and Local Government to issue a joint statement.

"If it is not central government's intention to see local authority grant funding cease, then these departments should issue a joint statement clarifying this and making clear that grant funding remains a viable and legitimate option in the local funding mix," reads the report, which was funded by the Finance Hub and was published this week.

Among the factors that deter local government from giving "proper consideration to the purpose and the possibilities of grant funding", according to the report, are the pressures of efficiency and local area agreement targets, the "heavy emphasis" on the role of the sector in public service delivery, and generic commissioning guidance that "takes no account of the possibilities of grant funding". It says these add up to an "instrumentalist" view of the sector that "potentially undermines its broader role in the locality and society more widely".

The report, which is based on interviews with Navca members and local authority personnel, also calls on umbrella bodies for community groups and local government to work together to come to an agreement about when grants are the most appropriate form of funding.

Navca chief executive Kevin Curley said the decline of grant funding was a real cause for concern and would hit smaller and newer organisations the hardest. "Without grant funding the valuable work of these organisations risks being lost," he said.

By Paul Jump, Third Sector Online,
13 July 2007

BIG DELIVERS £30 MILLION ADVICE PACKAGE ACROSS ENGLAND



You can't put a price on good advice, but the BIG Lottery Fund comes close as it rolls out a £30 million package of funding to some 71 advice services across England.

The multi-million pound roll out from BIG's Advice Plus programme will enable dozens of organisations to provide rights-based advice to communities up and down the country. The grants are spread across a range of bodies including those helping disabled people and their carers, victims of crime, and people living on very low incomes.

Sanjay Dighe, Chair of Big Lottery Fund England Committee said: "The most vulnerable people in our society are also the ones least likely to get the right advice at the time they need it.

"Today's funding is crucial as it will pave the way for people to get better access to advice services, to help them understand and resolve problems related to their rights and responsibilities - making a huge difference to the basic conditions of their lives."

A big winner in this round of awards is the Citizens Advice service. 15 individual Citizens Advice Bureaux across England share in £5,332,414 in grants with many leading projects bringing together a number of agencies in partnership.

The projects funded by Advice Plus will focus on providing free, confidential, independent advice to those most in danger of social exclusion to help them resolve their legal problems in order to tackle deprivation, improve their educational chances and quality of life.

Meeting the specific needs of communities, from an advice service dedicated to young people in Stockton to advice for isolated disabled people and their carers in rural Dorset, the projects will not only help people to understand their rights and responsibilities, but will also support them in getting the most out of the other public services in their area.

Visit the Big Lottery Website at www.biglotteryfund.org.uk/

UNLTD SPORT RELIEF AWARDS RECIEVES £1 MILLION TO UNLOCK YOUNG PEOPLE'S POTENTIAL

UnLtd Sport Relief Awards, a new £1m awards programme aimed at encouraging young people to use sport to tackle social issues in their communities was launched on Wednesday 6 June.

The UnLtd Sport Relief Awards programme which will be delivered by UnLtd – the Foundation for Social Entrepreneurs, will give young people aged between 11-21, the opportunity to unite communities divided by conflict, using the enabling power of sport. It will provide awards – in the form of cash and practical support – to young people who have innovative, sports-related ideas for tackling problems in their communities.

Cliff Prior, UnLtd CEO, said:

"The UnLtd Sport Relief Awards programme is so exciting as it is youth-led and is all about encouraging young people to become leaders in their communities. A big part of UnLtd's work is about getting young people involved at grassroots level and encouraging them to be part of the solution; UnLtd Sport Relief Awards will build on this experience. I look forward to seeing some inspirational young people come through."

International basketball player and children's TV presenter, Ade Adepitan, pledged his support for the awards:

"Young people are right at the heart of their communities, and they are in a great position to really make an impact. These awards will enable young people to get out there and put their ideas into action. I would urge any young person to make the most of this opportunity and apply."

UnLtd Sport Relief Awards is an open programme across the UK and will provide awards in the range of £250-£5,000 to enable promising young people with innovative ideas to set up projects.

For further informaton
e-mail info@unltd.or.uk

Health Promotion Small Grants 2007-08

Grants of up to £300 now available

The overall aim of the Small Grants Scheme is to stimulate and support local communities in actions, which will reduce health inequalities, improve quality of life and quality of opportunity for communities. The Small Grants Scheme gives communities the opportunity to be able to try out something new that would not otherwise be available to them without the funding.

Closing date deadline 9th November.

Contact Alex Olliver on 01209 313419 or visit our website at:-
www.healthpromcornwall.org/index_HL_Grants.asp

Small Grants Scheme approved June/July 2007



Falmouth Family Centre	Falmouth Fire Station Activity Day	£300.00
Bude Walk & Talk	CRB Checks on VWL	£290.00
Bude Walk & Talk	Walking Poles for Walker	£290.00
Helston Youth Centre	Young Men's Health Awareness Event	£300.00
Bude Art Exhibition Group	Group Exhibition 1-9 September 2007	£300.00
FFLAG	Promotional Material	£283.00
National Coastwatch Institution:		
Cape Cornwall	New Shutters	£300.00
Shoe Box Dance Group	Three Community Dances	£300.00
Newquay Ladies Football Club	Mini Tot Club	£300.00
Early Intervention Team	Special Activity Group	£180.00
Royal Cornwall Polytechnic Society	Drawing Out Addiction	£300.00
Redruth Youth Centre	Sex Club	£265.56
Hayle Runners	Hayle Runners Coaches	£300.00
Forget Me Not	Forget Me Not Printed T-shirts	£300.00
FXU - Community Action Volunteering	Panelled Mural	£285.54
Cornwall Blind Association	Healthy Living For Visually Impaired People	£300.00
St Petroc's Society	Complementary Therapy for Homeless People	£300.00
Rural Community Link Project	Children's Hospice Mural	£170.00
Trisgian Residents Association	Active Play through Sport	£300.00
Addaction/CADA	Reiki Healing	£300.00
Addaction/CADA	My Hearts Desire	£288.00
Tolvaddon Regeneration Group	Circus Skills	£250.00
Trinity Methodist Church	Community Dance	£280.00
Rosedale Tennants and Residents Association	Rosedale Health Olympics	£291.79
St Austell Forum	St Austell Playday Event	£280.00
Cornwall Community Volunteer Services	Townshend VIP Dance Club	£300.00
Carers Colour Group - Kerrier	The Carers Colour Group	£300.00
Truro Young Women's Centre	Self Protection & Kick Boxing	£300.00
Women's Rape & Sexual Abuse Centre	River Adventure	£300.00
Helston Health Centre	Adult Education Language Tuition	£148.00
Cornwall Association for Deaf and Hard of Hearing	Hard of Hearing Club	£181.00
West Cornwall MIND	Art & Craft Club	£183.10
Caradon		
St Cleer Gardening club	Resources for Club	£120.00
Parkinson's Disease Society	T'ai Chi instructor	£200.00
SRUG (Saltash Rail Users' Group)	Information Leaflet	£170.00
Breath Easy Club for C.O.P.D.	Minibus Hire	£200.00
The Open Doors Project	Soundproofing	£170.00
Callington Cookery Group	Cookery Equipment	£200.00
Caradon Pensioners Forum	Hall Hire	£200.00
St John Ambulance	Sun Safety Awareness	£170.00
Torpoint Youth Project	Boys' Group	£100.00
K2 Youth Centre	Fish Project	£170.00
Cornwall People First	Research to extend project	£200.00
Cardiac Support Group	Expansion of Group	£180.00
Livewire Youth Project	Food & Hygiene certs	£200.00
Cornwall Association for Deaf & Hard of Hearing	Club in Caradon	£181.00
Barbican Pre-school	Healthy Snacks	£170.00
HATT Youth Sports Association	Play Equipment	£200.00
Early Intervention Team	Social Activity Group	£160.00
Working Men's Club	Dance workshops and meal	£180.00
South East Cornwall Healthy Living	Brighter Side of Life	£200.00
Callington Youth Project	Girls night	£200.00
Kit Hill Young Enterprise	Upgrade and repair battery powered car	£200.00
Torpoint CHAT	Relaxation for Life	£190.00
Waterside Colour Circle Workshop	New Brochures	£160.00

Healthy Living Network News

NHS

Cornwall and Isles of Scilly
Health
Promotion
Service