

HEALTH PROMOTION SERVICE – QUARTERLY REPORT (Q2)

PROJECT TITLE: Health Trainer Service				
	Outcomes and behavioural goals planned	Outcomes and behavioural goals achieved	Variance	Action Plan - variance
July – Sept 2011 (Quarter 2)	Deliver the HLN to 500 members	Providing information for individuals and community groups 561	+61	
	To deliver training on 5 occasions including Wellbeing Workshops	11 Training events, including 4 wellbeing	+6	
	Health Trainers to support 70 new people per quarter possibly balanced by sign offs	Out of 61 New referrals 48 new clients were fully signed up to the service with a remaining 25 individuals receiving some form of support in the form of Brief Interventions. 53 clients signed off this quarter.	+3	Change in project design*
	Send information via email group to assist information exchange/funding/training – 2 x per week to 400 recipients	Providing funding and community information for individuals and groups 434	+34	
	To attend 10 community days/events to promote health messages and services offered	12 Delivered with an additional 12 attended, promotion of service and feedback and information gathered through consultation/surveys	+ 14	
	Deliver 5 walking groups throughout the county	15 x Walking groups for all abilities provided, including combining walking groups with weight management sessions and combining walking groups with extra activities such as foraging. Following the change in area, we no longer count the 2 walking groups in Torpoint, however we have a new walking group in Truro	+10	
	Deliver 4 groups promoting healthy eating and re-education around food including Weight Matters	5 times healthy eating/cooking courses one of which was weight matters	+1	
	Signpost 25 clients to other agencies where necessary, such as Stop Smoking Service, CMHT, housing providers, Family Services and so on	Signposted 26 x clients to a wide range of services, including Health Promotion, External Organisations and Groups. Signposting on a broad range of specialist issues.	+1	
incl HPS Partners worked with this Q,	<ul style="list-style-type: none"> ▪ CN4C ▪ Cornwall College ▪ Childrens Centres ▪ Eatsome ▪ Echo Centre ▪ Expert Patients Programme ▪ GP's Newquay , Porthleven, Portview & Helston ▪ Helston and Carn Brea Leisure Centres ▪ Forget Me Not Charity ▪ Health Champions ▪ Health CHAMPs 	<ul style="list-style-type: none"> ▪ Health Visitors Falmouth ▪ LEAP Active ▪ Lescudjack Centre ▪ LINK ▪ LOPS ▪ Malabar Community Centre ▪ Malpas Residents Assoc ▪ BTCV ▪ MESH ▪ Mind ▪ Neighbourhood Wardens 	<ul style="list-style-type: none"> ▪ Outlook South West ▪ Occupational Therapy ▪ PCDT ▪ PEAT Project ▪ Pilates, Mounts Bay Fitness ▪ Police ▪ Probation Services ▪ CAB ▪ Residents Associations ▪ Stonham ▪ School Nurses 	<ul style="list-style-type: none"> ▪ The Eden Project ▪ Welfare Visiting Officer ▪ Wild Walks ▪ Stonham ▪ Coastline ▪ Rethink ▪ Carers support CRCC ▪ Relate ▪ Cornwall Council ▪ Healthy Weight Programme ▪ CPN ▪ Early Intervention

	Outcomes and behavioural goals planned
Oct – Dec 2011 Q3	Deliver the HLN to 500 members
	To deliver training on 5 additional occasions including Wellbeing Workshops
	Health Trainers to support 70 new people per quarter possibly balanced by sign offs
	Send information via email group to assist information exchange/funding/training – 2 x per week to 400 recipients
	To attend 10 additional community days/events to promote health messages and services offered
	Deliver 5 additional walking throughout the county
	Deliver 4 additional groups promoting healthy eating and re-education around food including Weight Matters
	Signpost 25 additional clients to other agencies where necessary, such as Stop Smoking Service, CMHT, housing providers, Family Services and so on

* A member of staff has resigned and we will be recruiting as soon as possible, however this will obviously have an impact on the level of client work. Due to budgetary restraints there has also been a reduction in hours for Health Trainers and this will also impact on the level of client work. We will need to revise the quarterly target figure. A new member of staff is due to start on 7th November 2011. We expect the other Health Trainer will not be in post before Jan 2012.