

Health Promotion Service – Project Overview

TITLE	Health Trainer Service
NATIONAL TARGETS (e.g. ‘To reduce the under 18 conception rate by 50% by 2010’)	<ul style="list-style-type: none"> • 2004 DOH Choosing Health white paper - to improve health and reduce health inequalities • DOH Our Health, Our Care, Our Say white paper - individuals identify what would improve their own health and wellbeing • PH02:01 Communicate with individuals, groups and communities about promoting health and wellbeing • PH02:02 Encourage behavioural change in people to promote health and wellbeing • National Occupational Standards - CDW A1: Make relationships with communities
EVIDENCE OF EFFECTIVENESS (e.g. Research, NICE guidelines)	<ul style="list-style-type: none"> • Communities for health - published 27/2/07 • Health Challenge England: next steps for choosing health - report Oct 2006 • Helping people to choose a better diet. • Helping people to be more physically active • 2004 Choosing Health: making healthier choices (CM6374) • Saving Lives: Our healthier nation (CM4386)
AIM(S)	To reduce health inequalities, targeting the most disadvantaged areas, making it easier for individuals in the local community to make healthier choices.
OBJECTIVES	Health Trainers help people with: <ul style="list-style-type: none"> • becoming more active • giving up smoking • eating healthier • losing weight • volunteering • returning to work/training

	<ul style="list-style-type: none"> • signposting to other agencies <p>These objectives are met by supporting individuals and groups to achieve their goals in improving their health and wellbeing.</p> <p>Set up walking groups within the local communities that are accessible to all and keep the groups sustainable by encouraging people to undertake walk leader training</p> <p>Run Shape-Up groups in the community and healthy eating taster sessions, promoting healthy eating and re-education around food.</p> <p>Signposting to other agencies where necessary; such as the Stop Smoking service, CMHT, housing providers, Family services and so on.</p>
<p>PROJECT TARGETS</p>	<p>To work with people living in the disadvantaged areas within the community. Supporting them to make positive changes to their health, wellbeing and lifestyle.</p> <p>We have 6 Health Trainers who support on average 27 clients on a one to one basis. Support offered by the Health Trainers is broad and varied and can range from signposting to relevant agencies in connection with housing and debt, as well as weight loss, increasing activity, healthy eating and returning to work/training/volunteering.</p>
<p>ACTIVITIES</p>	<p>Health Trainers help to support 8 low level walks across the areas. Numbers of walkers vary from 5 to 25.</p> <ul style="list-style-type: none"> 4 - Newquay 1 - St Stephen 1 - Penwithick 1 - Liskeard 1 - Bude <p>As well as 1 for the Caradon area which takes place monthly and has 100 plus people attending.</p>

	<p>There are Shape- up programmes being delivered across the area and group numbers range from 4 to 10.</p> <p>Bude Liskeard Newquay Saltash St Dennis</p> <p>Healthy eating taster sessions: St Austell Liskeard</p> <p>Swimming groups 7 - 10 people who regularly attend Newquay Liskeard</p> <p>Laughter workshops Liskeard Newquay Crantock</p> <p>Regular drop in groups Senior citizens forum Diabetic support group Family services Open door project Hendra park temporary housing project</p> <p>HTs also support art and craft sessions St Dennis Crantock Liskeard</p> <p>HTs have been actively involved in fun days and community events across the area and have delivered rounders events and are part of a multi agency team who are delivering an Easter event across the county</p>
<p>EVIDENCE (how you will collect the evidence that</p>	<p>Client progress information stored on the PMS system</p>

demonstrates your objectives have been achieved)	Referrals to the service from GPs, Health workers, Housing providers etc.
DELIVERY PARTNERS and Stakeholders	<p>CN4C BTCV HPS GPs Health professionals, Diabetic nurses etc. CMHT Pentreath Carers support network Children's centres Family services Housing providers CCFV Interlink CAB Victim support Community police Local leisure centres Colleges Local schools Community centres</p>