

## HEALTH PROMOTION SERVICE – QUARTERLY REPORT (Q1)

<b>PROJECT TITLE</b> Health Trainers					
	<b>Activities and targets planned</b>	<b>Activities delivered and targets achieved</b>	<b>Evidence list</b>	<b>Variance</b>	<b>Action Plan to address any variance</b>
<b>April – June 09 (Q1)</b>	To continue to work with clients from disadvantaged areas, supporting them to make positive behaviour changes, which range from increasing activity, healthy eating, sign posting to other agencies, building self confidence and self esteem.	The Health Trainers have collectively worked with clients. Clients progress reports evidence the work that clients are making positive behaviour changes and improving their own health and well being.	Progress reports. PMS system Referrals to HT service plus signposting to appropriate agencies.	On target	
	Support low level walking groups	1 in Bude 1 in Saltash 4 in Newquay 3 in Liskeard 2 in Clay area	Walking registers Referrals from health professional to walks	On target	
	Support weight management programmes	1 in Newquay 1 in Saltash 1 in Torpoint 1 in St Austell	Register Evaluations	On target	

	Long Term conditions programme	Joint project with the specialist nurses.	Register evaluation		
	Swimming groups	2 in Newquay 2 in Likseard	Regular attendance		Saltash group hope to start next Quarter.
	Laughter workshops	1 in Newquay 1 in Liskeard	Evaluation	On Target	
	Drop ins	Liskeard Torpoint	Attendance		
	Allsorts social inclusion club	Newquay	Regular attendance of members		
	Easter events	15 events across the county	Attendance sheet Consultation		
	Walk Leader training	Joint working with Mobilise	Register		
	Get cooking	Bude	Register Evaluation		
<b>July – Sept 09 (Q2)</b>	<b>Activities planned</b>		<b>Targets planned</b>		
	Continue work with clients on a one to one basis		2 in Newquay		

	<p>Swimming groups maintained</p> <p>Low level walking groups maintained</p> <p>Weight management programmes delivered</p> <ul style="list-style-type: none"> <li>• Budes big picnic</li> <li>• Rounders in Bude, Saltash and Liskeard</li> <li>• Big walk in Newquay with Liskeard and Saltash groups</li> <li>• Saltash community play day challenge</li> <li>• North country park event</li> <li>• Well womens evening.</li> <li>• Party in the Park event</li> <li>• Laughter workshops</li> </ul>	<p>2 in Liskeard 1 in Saltash</p> <p>4 in Newquay 3 in Liskeard 1 in Saltash 1 in Torpoint 1 in Bude 2 in Clay area</p> <p>1 in Newquay 1 in Bude 1 in Saltash 1 in Liskeard 1 in Redruth North</p>
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