

	participants	numerous x 2 (15 + 10 participants)			
	Deliver 3 Healthy Eating and Activity session: Long Term Conditions	St Austell	Evaluations	0 (completed)	
	Wiggle & Giggle Group	Clay area	Register	0	
	Weigh of Life	Torpoint	Register	0	
	Shape Up	Liskeard 1	Register & Evaluation	0	
	Unplanned Sessions				
	Bude - Animated Activity	Bude 1	Attendance Sheet	+1	
	Liskeard - Animated Activity	Liskeard 1	Attendance Sheet	+1	
	Carry On Cooking	Bude	Attendance Sheet	+1	
	Get Cooking Sessions	Bude	Attendance Sheet	+1	
	Lopsided Football	Liskeard	Attendance Sheet	+1	
	To continue to support local groups promoting personal skills, self esteem and social inclusion Skill Share Groups:				
	Bude	Women's Health Group	Attendance Sheets	0	
	Newquay	Allsorts skill share group	Diary/Attendance Sheets	0	
	Other: Dads' Group	Liskeard		0	
	Maintain partnership working & continue to support 5 Local Events, Fun days & Fetes	Saltash (Play Day) Bude (Berries Challenge) Newquay (Party in Park) Torpoint (Well Women's) Redruth	Photos/press releases Photos/press releases Photos/press releases Photos/press releases	0 0 0 0 -1	Cancelled due to weather – to be rescheduled
	Continue to offer support to 5 local groups/drop ins	Senior Citizen Forums Diabetic Support Group Family services Open Door Project Hendra Park/Stonham	Diary Diary Diary Diary Diary	0 0 0 0 0	

Oct – Dec 2009 (Q3)	Proposed Activities	Proposed Targets
	To work with people who live in disadvantaged areas on a 1:1 basis.	70
	Continue to support walks in the local area and increase physical activity Walking Groups x 10	Clay Area 3 Liskeard 2 Bude 1 Saltash 1 Torpoint 0 Redruth North 0 Newquay 3
	Swimming Groups x 3	St Austell 1 Newquay 1 Liskeard 1 Torpoint 0
	Continue to support local groups available in local settings Shape Up x 4	Newquay 1 Bude 0 Saltash 1 Clay Area 1
	Support local groups to develop and grow Skills Sharing x 2 Dads Group x 1	Bude Newquay Liskeard
	Maintain good working relationships with partners to promote health Continue with drop ins	Continue to support local events, Fun Days and Fetes X Senior Citizens Forums Diabetic Support Group Family Services Open Door Project Hendra Park & Stonham
	Deliver Workshops to 20 participants	Workshops all areas