

## HEALTH PROMOTION SERVICE – QUARTERLY REPORT (Q4)

PROJECT Health Trainer					
	Activities and targets planned	Activities delivered and targets achieved	Evidence list	Variance	Action Plan to address any variance
Jan – March 2010	To work with 70 people who live in disadvantaged areas on a 1:1 basis.	New NHS clients 29. Existing NHS clients 94	National DCRS	+53	
	Continue to support walks in the local area and increase physical activity <b>Walking Groups x 10</b>				
	Clay Area 3	St Stephens, Penwithick, St Dennis	Walk Register	0	
	Liskeard 2	Tamar Valley, Liskeard	Walk Register	0	
	Bude 1	Bude Amblers	Walk Register	0	
	Saltash 2	Saltash Walk, Saltash Walk & Talk	Walk Register	+1	
	Torpoint 1	Rame Peninsular Walk	Walk Register	0	
	Redruth North 1	Postponed		-1	To be continued
	Newquay 3	Wednesday, Thursday , Friday Wadebridge	Walk Register Walk Register	0 +1	
	<b>Swimming Groups x 3</b>				
	St Austell 1	0		-1	Not currently running
	Newquay 3	Waterworld	Visual attendance/Hotel register	+2	
	Liskeard 1	Headland, Pentire Paddlers Lux Park (Friday)	Visual Attendance	0	
	Saltash 0	Lack of take up		-1	To be reviewed in 6 months
	Continue to support local groups available in local settings <b>Shape Up x 4</b>				
Redruth 0			-1	Rescheduled for June	
Bude 1	Weight Matters	Application & Evaluation	0		
Clay Area 1	Shape Up	Application & Evaluation	0		
Liskeard 1	Shape Up	Application & Evaluation	0		

	Torpoint	Weigh Of Life	Application & Evaluation	+1	
	Lop Sided Football Tournament	Liskeard	Registration	+1	
	Carry on Cooking	Bude	Attendance – self sufficient group	+1	
	Saltash Cooking Group	Cooking Group	Application & Evaluation	+1	
	Support local groups to develop and grow <b>Skills Sharing x 2</b>				
	Bude	Women’s’ Group	Register	0	
	Newquay	Allsorts Group	Attendance	0	
	<b>Dads Group x 1</b>				
	Liskeard	Dad’s Group	Register	0	
	<b>Time to Tea Dance</b>	Redruth	Register	0	
	Maintain good working relationships with partners to promote health Continue with drop ins: Senior Citizens Forums Diabetic Support Group Family Services Open Door Project Hendra Park Stonham Stonham	Liskeard Liskeard Torpoint St Cleer Liskeard Liskeard Saltash	Attendance Attendance Register Attendance Register Register Register	0 0 0 0 0 0 +1 +1	
	<b>Deliver Salsa for Life</b>				
	Newquay	Delivered	Attendance & Evaluation	0	
	Clay Area	Delivered	Attendance & Evaluation	0	
	Redruth	Delivered	Attendance & Evaluation	0	
	Bude	Delivered	Attendance & Evaluation	+1	
	<b>Arts 4 Health For Older People</b>				
	Bude	Not Delivered		-1	Partners not ready
	Saltash	Not Delivered		-1	Partners not ready
	Redruth	Not Delivered		-1	Partners not ready
	Newquay	Not Delivered		-1	Partners not ready

	Deliver Workshops to 20 Participants: Workshops all areas	Newquay Laughter (25) Hayle Blind Centre (15) Cameo (25)	Evaluation	+45	
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