

The End of Step By Step and a New Start in Helston

The Step By Step Big Lottery funded project has now come to an end. This project was part of a South West Well Being Portfolio bid, and aimed to fill in some of the gaps throughout Cornwall in areas without a core funded Health Trainer. The Big Lottery funded the posts of a Community Health Development Worker, Nicky Harrison and a Health Trainer, Sam Jones. Both Sam and Nicky will now be employed to provide the service in Helston.

For some people, a healthier lifestyle can be seen as a bit of a luxury. If a person has debt or tenancy problems, relationship difficulties and possibly may live on limited budget, eating their 5 a day or giving up smoking may not be at the top of their priorities. A Health Trainer will support the client to help them to set their own goals and work at overcoming the barriers to good health.

Some Comments: from Step By Step Clients

'Since knowing you I have been out and about more and I am more confident'.

'My health trainer has kept me positive'.

'I feel this has been a big help in talking about the things I can do to improve my lifestyle'.

'I've learnt a lot and am more motivated'.

'We have found the information interesting and have learnt from it'.

A Health Trainer's Perspective - Sam goes on to say

"After 48 clients and many miles in my car, I can honestly say it has been an enjoyable and interesting experience which has been a huge learning curve!!

I have supported clients with issues from helping them sort out their Council Tax arrears to supporting them into Truro College, healthier eating and walking as well as enabling clients to discuss their barriers to a healthier lifestyle. I have met many individuals, all with interesting backgrounds, and I visited towns and areas of Cornwall I hadn't been to before.

"I like to think that the Health Trainer Service and the Community Health Development work of the Step By Step project has helped and made a positive impact on people's lives. Finally I have learnt that I am very lucky with my life past and present, and look forward to the next step of taking the Health Trainer Service into Helston".



Nicky Harrison



Sam Jones

If you would like more information about the Step By Step Project or about the new Service in Helston: contact

The Health Trainer Service 01209 310066

Nicky Harrison 07748920217

Sam Jones 07795451568

Contents

Health Trainer News	2-5
Small Grant News	5-8



LOPsided pictured above.

Something for the Gentlemen in Liskeard

Bill Davies, our Health Trainer who works in Liskeard, has started two new groups for men. These groups began as a number of young men in Bill's area, talking about a lack of opportunities to fill their weeks. Bill is pleased to announce that there is now a men's swimming group at Lux Park, Liskeard on Fridays 9.30 - 11.00am. This is complemented by a new men's walking group on Wednesdays, leaving from Heathlands Bungalow, Heathlands Road at 2.00pm.

LOPsided Update

In a previous edition of the Healthy Living Newsletter we introduced the football team, managed by our Liskeard Health Trainer, Bill Davies, with the wonderful name of LOPsided. The team is sponsored by the Local Opportunities Partnership (LOPS), hence the name. The team was composed of men some younger than others (sorry Bill), many of whom had more than their fair share of adversity. In their first season, 2009, the team competed in, and won, Devon Football Association Cup at the Riverside Leisure Centre, Exeter.

Bill took two teams to Exeter on 10 February 2011, as LOPsided tried to retain the crown of champions. LOPsided 1 finished second in their group and LOPsided 2, finished third in their's. Unfortunately this was not enough to get them into the final, but it was a fantastic day out for all of the players.

If you would like to come along, the team meets on a Monday evening 5.00 to 6.00pm at Lux Park.

If you would like any further details about the swimming, walking or LOPsided, contact Bill Davies on 07825365478

Weight Awareness for Learning Disabilities

Nicky Harrison and Sam Jones piloted the first six week weight awareness programme for people with learning disabilities, and developed a resource of easy read and interactive materials. The programme included fun activities to reinforce the key health messages, with Chris Wood from LEAPActive taking the participants on simple exercise circuits.

This initiative started when the Health Trainer Service was approached by a supported house in the Truro area, who asked for support for five people to promote healthier eating and healthy activity. After discussions with Pat Redfern, Dietician for Learning Disabilities, and Debbie O'Nyons, Primary Care Liaison Nurse, Nicky and Sam developed a weight awareness resource suitable for people with learning disabilities.

The group started in December, with all of the participants keeping food and activity diaries. They found this interesting and, for some, it was an insight into how they could make small changes. One person who never ate breakfast began to have breakfast most days and others made small changes to their diets. All participants thoroughly enjoyed the circuit sessions, especially one client who enjoyed them so much that he is now catching the bus to Redruth to attend another circuit class delivered by Chris!

Anyone interested in finding out more about the Redruth circuit sessions should contact Chris Wood from LEAPActive on 01209 310062

For more information regarding Weight Awareness for Learning Disabilities, contact Nicky Harrison on 01209 310066

For easy read material contact the Health Promotion Library Service on 01209 313218

For further information about the role of a Health Trainer or the Health Trainer Service, please contact Alex Ollivier or Diane Warren 01209 313419/310066

Minds are like parachutes, they only function when they're open.

Thomas Dewar



Christmas Creativity Sessions

In the lead up to Christmas, Nicky Harrison, Step by Step Community Health Development Worker, along with Joe Hargreaves, Community Development Worker for CN4C, organised a couple of taster sessions in craft activities.

The sessions were held in the Pentewan Room at Mount Charles School, St Austell. Participants were able to take part in a number

of Christmas craft activities including making Christmas wreaths, table decorations and Christmas cards.

Participants really enjoyed the sessions, one commented "I got a lot out of this activity – I learnt how to make a Christmas wreath... very relaxing too – Thank you". Another participant said "The craft session was excellent. Thank you very much. I got a lot out of the session".



Nicky and Joe are planning to arrange some more craft sessions in the near future. Anyone wishing to come along to these should contact Nicky on 01209 313419.

The Bude Sports Relief Mile 2010

The Sports Relief Mile is held every two years and on the 21 March 2010 'a mile' was planned and run in both Newquay and Bude.

Jess Kirke, Senior Events Officer for Comic Relief, sent the following piece to Amanda Thornton, the Health Trainer for Bude

"The sponsorship money's been counted, checked and verified and we're now able to share the final fundraising total for The Bude Canal Mile for Comic Relief 2010.

"The Bude event raised a whopping £4,235.56 and every single penny of it will be spent by Comic Relief to help disadvantaged people, both at home in the UK and across the world's poorest countries, to turn their lives around. Please pass on our heartfelt thanks to every single person that helped organise The Bude Canal Mile we salute you! Your incredible hard work, support and enthusiasm is already helping to change lives.

David Walliams found out earlier this year when he met 13 year old Naseema from India. She and her family used to live on the streets, and instead of going to school, Naseema helped her mother try to scrape a living by rag picking and doing household chores for other people.

Luckily, Naseema found out about a project called Butterflies, which uses money raised through Sport Relief to help street children. They teach classes in the park which are particularly aimed at kids like Naseema who aren't in school. She started going along to these classes regularly and also took part in their sports programme.

Naseema's life really has changed immeasurably thanks to cash raised through Sport Relief. She and her family have now been able to move to a house with running water and electricity. And in April, Naseema got a full time place in school so she can now work towards her dream of becoming a doctor when she grows up".

Work on Sport Relief 2012 is already well underway and both Bude and Newquay have registered an interest. The plans for 2012 are going to be bigger and better than ever before so if you are interested in helping, contact Beth Mitchell on 07881827461



Points to bear in mind when planning an event



With the spring fast approaching us, many people will be thinking about an event that could be put on within their community. A lot of people will give time and effort not really understanding that the initial planning stages are the most crucial to give your event the greatest chance of success. Every event is different, but there are some stages that are crucial in event management:

- Stage 1** Organise an event planning meeting, inviting the relevant people along. Minute the meeting and arrange who is going to do what.
- Stage 2** Depending on where you plan to hold the event, you will need to request permission to use the venue from the owner, (private/local authority).
- Stage 3** A licence maybe required to hold the event. Depending on the type of event the cost can vary. This can be obtained from Cornwall Council. (It's helpful to get this part sorted out early on). Along with the events licence you will need to submit a detailed risk assessment and a comprehensive event plan.
- Stage 4** Hold another event planning meeting to make sure everything is on track.

All events differ with regards to what is needed, although Beth Mitchell, a Community Health Development Worker, organised the Sports Relief Mile in both Newquay and Bude last year, the events varied between the areas.

In Bude the Sports Relief Mile took place along the canal, so it was a requirement to contact the Waterways Department. This involved completing separate forms and getting permission. They also had to seek permission from a local land owner as they needed to use part of his land for the six mile course.

There was a lot involved and, at times Beth, along with Jan and Amanda, the Health Trainers in Newquay and Bude respectively, felt like they were facing an uphill battle, but they all said that it was worth it in the end.

To give feedback on these events, Bude & Newquay participants raised a healthy total of just under £9000 between them, something for the communities to be very proud of.

The events were only made possible because it was a team effort, made up of individuals and groups who were committed and worked hard to make the events a success. These included:

*Community Network Managers
Lion's Clubs
The Rotary Club
League of Friends
Police
Prince's Trust Young People
Budehaven Secondary School
Health Champions
Local running clubs
Newquay Zoo & Ziggy the Zebra
Heron Tennis Centre
Cornwall Sports Partnership
Local Leisure Centres
St John's Ambulance
Andy's Loos
Local Sports Talents
Sainsbury's
Our colleagues and many individuals who gave up their time and supported the event from beginning to end.*

Would they do it again? Absolutely - they have already signed up for 2012!!

**For more information contact Beth Mitchell
07881827461**



The Health Trainer Service has Health Trainers based from Bude to Penzance

Amanda Thornton

Bude Tel: 078244175555

Marcia Henning

Saltash and Torpoint Tel: 07795496623

Bill Davies

Liskeard Tel: 07825365478

Jan Holroyd

Newquay Tel: 07825365469

Kate Farley

The Clay Areas Tel: 07825365475

Indra Herbert

Parc An Tansys/Pengegon, Camborne
Tel: 07740899599

Liz Denning

Kinsman and Berryfield's, Bodmin
Tel: 07500885331

Terence Bourton

Malpas and Trelander, Truro
Tel: 0785091557

Angela Johns

Redruth Tel: 07799340885

Lesley Trenchard

Parc An Tansys/Pengegon, Camborne
Tel: 07825056580

Barbara Tooze

Treeneere, Penzance Tel: 07825056581

Sam Jones

Helston, Tel: mobile 07795451568

**Health Trainer Office Telephone
01209 310066**

**For further Health Trainer information contact:-
Alex Ollivier or Di Warren 01209 313419**

Introducing a new round of Small Grant Funding

Our Community Health Development 2011 – 2012 Small Grant Scheme will be open from 1 April 2011 for applications up to a maximum of £300.00.

The deadline for applications for the first round is Friday 3 June with the panel sitting on 28 June. We aim to let projects know if they were successful within a week.

We are looking to ensure that this fund is able to support a wide range of groups within Cornwall and, therefore, we wish to support projects that promote social inclusion through projects which:

- Support community health development through community involvement and participation;
- Support community involvement in active recreation and environmental projects;
- Promote arts for health within the community (all forms).

If you feel that your group or community could make a big difference with a little bit of funding, contact Diane Warren 01209 313419 for further information. Alternatively a Small Grant Application form and Guidance Notes can be downloaded from the 1st April 2011.

http://www.healthpromcornwall.org/index_HL_Grants.asp



St Neot Art Group

Next time you are at the London Inn or the St Neot Institute Club, you might see someone with a drawing pad and pencil, and you might be having your portrait done.

The St Neot Art Group hosted a drawing instruction weekend with the help of a Health Promotion Small Grant.

The two day event, on the 12-13 February, was a great success. The group were shown how to draw portraits using perspective skills and how to use pencils and charcoal for drawing and shading. On the Sunday they enjoyed a critique of each other's past work, which, with the sharp eye of the tutor, Fiona Guy, was very well received.

The picture shows the male model on the right hand side. So judge for yourselves how well did they do?

For more information about St Neot's Art Group contact:

Mr Merrett Jones 015730 20688

Turnaround Project – Outdoor Activities Day



The Small Grants Scheme awarded funding to the Turnaround Project in Newquay, for an outdoor adventure day.

The Turnaround Project offers residential housing related support to vulnerable young men aged between 16 and 25. Many of their residents come from disadvantaged backgrounds and have experienced varying levels of health inequality. To take part in outdoor adventure activities is an idea that would ordinarily be considered by them as unobtainable.

As part of the Turnaround support programme, residents are encouraged to work on their social and personal development. An activity day such as this enables each participant to build on their self esteem and self confidence, while also developing their ability to work as part of a team and to set and achieve personal goals in order develop and/or discover skills. Further objectives of the day were to strengthen relationships, build the camaraderie of the group and develop a sense of community among the residents.

Turnaround's intention is to work with residents on these key areas of personal development in a natural setting, aiming to promote the benefits of healthy living and healthy activities.

All those involved very much enjoyed the paintballing, accepting the challenge of a new environment and activity. They discovered the importance of working as a team, learning new skills in leadership and communication throughout the day. The residents were on a team playing against staff, which led to a fun dynamic and a good opportunity to develop staff/client relationships. Each resident had a great experience of the natural 'playground' and felt it was an activity that they would like to try again. There were also many comments about enjoying the outdoor environment and intentions to pursue more activities that utilise the natural aspects of our home county.

The zip wire was a chance for all the residents (as well as a couple of the slightly more adventurous staff members) to test their nerve and confront any fears or anxieties about heights. Each took turns to jump from the relative safety of a

wooden platform off the cliff, over the beach and towards the cliff on the opposite side of Lusty Glaze. Everyone received encouragement from those standing at the top and enjoyed the experience of overcoming any apprehension they had and stepping out into adventure.

The day was rounded off with a BBQ at the Lusty Glaze Adventure Centre – a well earned feed and a job well done.

Turnaround Project - Contact Jon Timms 01637 875684.



Treviscoe Community Centre

Treviscoe Community Centre successfully applied to our Small Grants Scheme for the cost of purchasing new seating. Apparently there had been complaints from the many who use the Centre and quite a few numb posteriors.

The Community Centre was opened in 1986 and replaced a First World War army hut that had been bought up from Falmouth with a steam engine in 1920.

The foundations were built, and the building erected, with voluntary labour from the local community. Second hand chairs had been obtained from a shoe shop in Bodmin and a small hotel in Newquay.

Over the years the committee have been trying to improve the Centre for those who use it, as funds

became available. Those who use the Centre include: The Thursday Club (Over 60s), Short Mat Bowls Team, Country and Western Clubs, the Playing Fields Committee, the WI, Treviscoe Bird Keepers' Society plus various private functions. One of the main complaints was that the chairs were very uncomfortable and in need of repair.

With the purchase of the new chairs with the Health Promotion Small Grant, the committee have been able to go some way to making the use of the Community Centre a more pleasant experience for all those who use it.

If you would like to find out more about the Treviscoe Community Centre, contact the Honorary Secretary, Richard Puttick on 01726 823179

Small Grants Scheme 2010-2011 3rd Round Successful Awards

Organisation/Project	Title/Summary	Project Town	Whole Amount
Beacon Cricket Club	Winter coaching sessions for young people under 18 years	Camborne	£195.00
Launceston Memory Café	Art and craft materials for a memory café	Launceston	£150.00
Carleen Care Centre	To provide and install a projector at a care centre	Helston	£295.52
Penzance Memory Café	Arts for Health practitioner's fees and equipment	Penzance	£100.00
Arts Participation and Expression (APEX)	Yoga, breath and voicework workshops for the autistic spectrum	Redruth	£240.00
Redruth Foyer	Cooking sessions to promote other cultures	Redruth	£200.00
Pendeen School	A community sculpture project	Penzance	£300.00
Saltash Get Cooking	A cooking group which then sits and eats together	Saltash	£198.00
Carbis Bay and St Ives Memory Café	To provide healthy exercise for those with dementia	St Ives	£92.00
The Street Outreach	To provide fruit bushes and trees	Lostwithiel	£200.00
Unity Cornwall	Exercise for an Arian and Muslim women's group	Truro	£108.00
Robert Owen Communities	The purchase of horticultural tools for people with disabilities	Truro	£200.00
Creative Expression Charity	A community garden project in St Blazey	St Austell	£175.0
Lusty Glaze Surf Life Saving Club	Preparing volunteers to become Beach Lifeguards	Newquay	£150.00
Claytawc	Purchase of a Wii console	St Austell	£240.00
St Genny's Playground Association	To create a mosaic mural by the children of the parish	Bude	£200.00

Exercising for Mobility in Bude

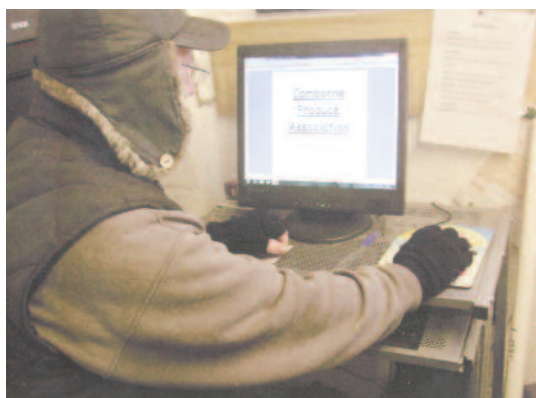
The Community Health Development Small Grants Scheme received an application from a charity that offered free exercise classes for adults of all ages who have long term health problems. The group, were making do with an ageing CD player which was proving to be less than adequate for the job. We were happy to be able to approve the funding to help buy an I-Pod and docking station to enable the group to have a better range and a better clarity in the music.

Exercising For Mobility classes are held at The Parkhouse Centre in Bude on Monday mornings and also on Wednesday afternoons. The group recognises the importance of the social time between classes, refreshments are served and participants have the opportunity to make new friends. The group would also like to invite anyone over the age of 50, who needs regular, gentle exercise to keep healthy and mobile, to come along. They have a qualified keep-fit instructor



and volunteers who assist at the sessions, and there is always a lot of fun and laughter for all.

If you would like to join in with the sessions or would like to volunteer as a helper, contact Janet McCulley on 01288 354866.



Camborne Produce Association

A group of people at the Enys Road allotments in Camborne give freely of their time to plant, grow and tend their produce and enable other people to do likewise.

The group was formed during the Second World War and used various old buildings to help local gardeners. Eventually they were able by their own labour, to build their store on the allotments. The group took on the running and the maintenance of the allotments for the Town Council and since then they have endeavoured to carry out improvement of the site with various grants and their own efforts.

The group applied to the Small Grant Scheme for help with the cost of a computer and printer to enable the group to have an easier, more efficient system. They also say that they will continue to help and encourage more people to take an interest in gardening and to grow healthy food for their families.

For more information about the Camborne Produce Association, contact Mr Fisher on 01209 710173

Useful Contacts

The following is a list of useful contacts who are available to provide funding advice, help and support to community and voluntary groups across Cornwall & the Isles of Scilly.

Penzance Area:

Dilys Down 01736 330198

Camborne, Redruth, Helston:

Douglas Polman 01736 334670

Restormel:

Stella Jenkin 01637 893637

Truro:

Trudy Swann 01872 264882

South East Cornwall:

Becky Lingard 01752 823251

North Cornwall:

Anna Hoyle 01208 832763

Isles of Scilly:

Helen McGuinness 01720 423680

Funding Advisors

West Cornwall:

Suzy Messenger 01736 334668

Mid Cornwall:

Alison Mitchelmore 01726 821904

East Cornwall:

Tina Robinson 01208 832763

Cornwall Council Contacts

Cornwall Council has a localism area managers team who are in place to support community and voluntary groups within their district.

Localism Area Managers:-

East - Steve Besford-Foster
01579 341460

Central - Rob Andrew
01872 224239

West - Matthew Barton
01209 614362

Healthy Living Network News is the Health Promotion Service Newsletter for those involved in community health development. Editor: Alex Ollivier, Tel: (01209) 313419. Queries to Healthy Living Network News, Health Promotion Service, The Kernow Building, Wilson Way, Pool, Redruth, Cornwall TR15 3QE. The opinions expressed in this newsletter are those of the contributors and may not necessarily reflect those of the Health Promotion Service. The editor reserves the right to refuse or edit articles submitted.

The Health Promotion Service provides services on behalf of Cornwall & Isles of Scilly Health Community

Deadline for next newsletter 12 May 2011

