

## HEALTH PROMOTION SERVICE – QUARTERLY REPORT (Q3)

PROJECT: LEAP					
	Activities and targets planned	Activities delivered and targets achieved	Evidence list	Variance	Action Plan to address any variance
October- December 2009 (Q3)	Lifestyle Consultation- 101 Adults (inc Obesity support). 8 children.	103 Adults. 8 children, children now directed into Keep It in the Family.	Database	+2 Adults 0 children	LC's in demand but currently do not have capacity to meet demand.
	StreetGames-Deliver 14 sites with 650 beneficiaries. Annual target	Delivered 15 sites with 636 beneficiaries. Annual target	Database	Sites= +1 Participants= -14	N/A
	Health Champions- Recruit 5 new volunteers to be placed through the various programmes	Recruited 5 new volunteers to be placed through the various programmes.	Health champion Co-ordinator/ database	HC's= 0	N/A
	Exercise referral- Support new programmes in west Cornwall with 128 beneficiaries. Schemes will be run by Leisure Centres LEAP will provide advice and support. Annual target.	Supported new programmes in west Cornwall with 40 beneficiaries. Schemes run by Leisure Centres. LEAP provides advice and support. Annual target.	Leisure centre providers	Participants= -88	LEAP provide a support role in the Rx Referral schemes across Cornwall, therefore we are not able to directly influence take up. We will be encouraging providers to take a more active role in attracting referrals.

	Swimfit- Deliver 2 courses with 30 beneficiaries.	Delivered 2 courses with 15 new beneficiaries, but regular participants over 40 per week.	database	Participants=- 15	Swimming pools are now operating on maximum occupancy for both sessions. We need to move individuals on to alternative sessions as part of their progression to free up space for new referrals.
	Cardiac rehab-Support delivery at 4 locations with 480 participants. Annual target.	Support delivery at 4 locations with 480 participants. Annual target.	Leisure centre providers	Figures with leisure centres	N/A
	Keep it in the Family. 1 course with 15 families	Keep it in the family achievements are currently with CC and will not be reported until next quarter.	Cornwall Council	Families = 0	Further update on receipt of the figures
	Weight matters- 2 courses with 40 beneficiaries	Weight matters- 2 courses with 17 beneficiaries	Mary Williamson	Courses = 0 Participants= - 23	The emphasis in picking up increased referrals is with Weight Management worker. LEAP provide PA support only.
	Simple circuits- 2 courses with 20 participants	Simple circuits- 2 courses with 20 participants	Database	Courses= 0 Participants= 0	

	<b>Activities planned</b>	<b>Targets planned</b>
<b>Jan- Mar 2010 (Q4)</b>	Lifestyle Consultations- 38 Adults. 8 children.	38 Adults. 8 children.
	StreetGames- Deliver 14 sites with 650 beneficiaries. Annual target	Deliver 14 sites with 650 beneficiaries. Annual target
	Health Champions- Recruit 5 new volunteers to be placed through the various programmes	Recruit 5 new volunteers to be placed through the various programmes
	Exercise referral- Support new programmes in west Cornwall with 128 beneficiaries. Schemes will be run by Leisure Centres LEAP will provide advice and support. Annual target.	Support new programmes in west Cornwall with 128 beneficiaries. Schemes will be run by Leisure Centres LEAP will provide advice and support. Annual target.
	Swimfit- Deliver 2 courses with 30 beneficiaries.	Deliver 2 courses with 30 beneficiaries.
	Cardiac rehab- Support delivery at 4 locations with 480 participants. Annual target.	Support delivery at 4 locations with 480 participants. Annual target.
	Obesity support clinic 63 beneficiaries.	63 beneficiaries.
	Keep it in the family- 1 course with 15 families per course	1 course with 15 families per course
	Weight matters- 2 courses with 40 beneficiaries	2 courses with 40 beneficiaries
	Simple circuits- 2 courses with 20 beneficiaries	Simple circuits- 2 courses with 20 beneficiaries
	Website- Re-design LEAP website and re-launch along with new sister website (Mobilise) which will be accessed via a split front page for both projects.	New website up and running by end of February.