

HEALTH PROMOTION SERVICE – QUARTERLY REPORT (Q1)

PROJECT TITLE: LEAP				
	Outcomes and behavioural goals planned	Outcomes and behavioural goals achieved	Variance	Action Plan to address any variance
April – June 11 (Q1)	Physical Activity Reviews. 30 adults	Following review Physical Activity Reviews have been changed to Lifestyle Consultation. 18 performed this quarter, 26 did not attend.	-12	This is not a worry, will be picked up through the year.
	StreetGames. 2 annual delivery sites, 6x 12 week delivery sites with 325 participants (annual target)	2 annual sites delivered, 4 x 12 week sites delivered. Total participants 57 new participants.	Delivery sites on target.-268 participants (annual target)	Annual target, no problem with target.
	Swimfit. Deliver 5 courses with 25 new beneficiaries	Sessions delivered in Helston x2, Truro, Bodmin and St Ives. 25 new participants.	0	N/A
	Simple circuits. Deliver 1 session with 12 participants.	1 session delivered with 10 participants	-2 participants	N/A
	Weight Management support clinic. 75 beneficiaries.	100 beneficiaries	+25	We may have to look at internal capacity if demand continues to

				grow.
	Weight Matters. Support 1 course with physical activity delivery, 12 beneficiaries.	Supported 1 course in Truro with 10 beneficiaries.	-2	N/A
	Website. 500 new unique website hits.	461 hits this quarter	-39	
	Coastal Healthy Weight Clinic. Support 30 clients with PA reviews and 10 with low intensity circuit	Supported 19 Lifestyle Consultations with 12 accessing circuit activities.	-11 Lifestyle Consultations, +2 circuits	We act as a support mechanism with the surgery doing all recruitment.
	Keep it in the Family Phase 2 – 3 courses (76 beneficiaries) 30 referred individuals plus family (Bodmin, Newquay and Hayle)	3 courses running (Bodmin, Newquay and Hayle) with 78 beneficiaries.	+2 beneficiaries	N/A
	To co-deliver an event with 600 indirect beneficiaries through information giving and 100 physical activity brief interventions.	Event delivered with 1799 63 individuals engaged in brief interventions.	+1199 indirect.	
	Workplace Health- Health Checks delivered in 4 businesses.	Health Checks completed at 5 businesses.	+1	
Partners worked with this Q, incl HPS	HPS- Eatsome, Weight Matters, Workplace Health, External- Cornwall Council, Several GP surgeries, RCHT, Camborne/Redruth Hospital, Helston Hospital, Cornwall Sports Partnership, Several Schools, Exhale CiC, Dragon Leisure Centre, St Ives Leisure Centre, Truro School, Helston Leisure Centre.			
	Outcomes and behavioural goals planned			
July – Sept	Lifestyle Consultations. 25 adults			
	StreetGames. 2 annual delivery sites, 4x 12 week delivery sites with 325 participants (annual target)			
	Swimfit. Deliver 5 courses with 25 new beneficiaries			

11 (Q2)	Weight Management support clinic. 75 beneficiaries.
	Simple circuits. Deliver 2 sessions with 24 participants
	Weight Matters. Support 2 courses with physical activity delivery, 24 beneficiaries.
	Website. 500 new unique website hits.
	Falmouth Healthy Weight programme. 1 course with 10 families.
	Coastal Healthy Weight Clinic. Support 30 clients with PA reviews and 10 with low intensity circuit.
	To co-deliver an event with 400 indirect beneficiaries through information giving and 50 physical activity brief interventions.
	Workplace Health- Deliver Health Checks to 6 businesses (number of checks dependant on size of business).