

## HEALTH PROMOTION SERVICE – QUARTERLY REPORT (Q1)

PROJECT TITLE - Mental Health Promotion				
	Targets and behavioural goals planned	Targets and behavioural goals achieved	Variance	Action Plan to address any variance
<b>April – June 10 (Q1)</b>	1. Mental Health Training Program Delivery  ASIST (Applied Suicide Intervention Skills Training): – April in Wadebridge x 16 participants - May in Falmouth x 16 participants - June in Isles of Scilly x 16 participants  Mental Health Awareness Course: - June in Health Promotion Service x 8 participants	16 participants trained 16 participants trained 12 participants trained  7 participants trained	4 people  1 person	None needed, we will revisit venue as more people have requested training.  Can join next session.
	2. We Can Get Active: - Identify this years stake holders/partner agencies	Mental Health Promotion Leap Active, Cornwall Healthy Living Centre, Pentreath, Volunteer Cornwall, Kerrier & Penwith District Councils, Cornwall Mental Health Forums	n/a	n/a
	- Identify activities for event  - Organise publicity through communications dept.	Sailing, Walking, Tai Chi, Cornish Wrestling, Football, Horse Riding, Gig Rowing, Canoeing, Cycling, Trampolining, Cricket, Running, Salsa, Yoga PCT Communications drafted press release		

	<ul style="list-style-type: none"> <li>- Identify funding streams</li> <li>- Organise basic mental health awareness training for mentors and provider staff</li> <li>- Publicise for attendees</li> <li>- Aim for 50 plus attendees</li> </ul>	<p>Penwith &amp; Kerrier District Councils, Leap Active</p> <p>Provided by me for 4 mentors</p> <p>PCT Communications released press release to media (radio/newspapers)</p> <p>Booking lines open from 21<sup>st</sup> June – 9<sup>th</sup> July</p>		
	<b>Targets and behavioural goals planned</b>			
<b>July – Sept 10 (Q2)</b>	<p>1. Mental Health Training Program Delivery ASIST (Applied Suicide Intervention Skills Training):</p> <ul style="list-style-type: none"> <li>– July in Wadebridge x 24 participants</li> <li>- Sept in Liskeard x 16 participants</li> </ul> <p>Mental Health Awareness Course:</p> <ul style="list-style-type: none"> <li>- Sept in Health Promotion Service x 10 participants</li> </ul> <p>Minfulness Taster Day:</p> <ul style="list-style-type: none"> <li>- July in Stithians x 10 participants</li> </ul>			
	<p>2. We Can Get Active Event Week:</p> <ul style="list-style-type: none"> <li>- Event delivery with 32 participants on 17 different activities</li> </ul>			
	<p>3. Southwest Mental Health Promotion Forum:</p> <ul style="list-style-type: none"> <li>- meet in July to work through New Horizons strategy to implement in our respective areas.</li> <li>- to present to the group of approx. 12 members</li> </ul>			
	<p>4. World Suicide Prevention Week/Day Sept 6<sup>th</sup> – 10<sup>th</sup>:</p> <ul style="list-style-type: none"> <li>- meet with partners</li> <li>- secure budget</li> <li>- organise event</li> <li>- deliver event</li> </ul>			