

HEALTH PROMOTION SERVICE – QUARTERLY REPORT (Q2)

PROJECT – Mental Health Promotion, Karen Oldham					
	Activities and targets planned	Activities delivered and targets achieved	Evidence list	Variance	Action Plan to address any variance
July – Sept 2009 (Q2)	(1) To deliver courses for the Mental Health Promotion Training Program 09-10: <ul style="list-style-type: none"> Deliver 6 courses with max of 16 people per course 	Training Courses Delivered: <ul style="list-style-type: none"> Managing Depression x 13 delegates Mental Health Awareness x 11 Mindfulness Taster Day x 5 Understanding the relationship between substance misuse and mental health x 14 	Evaluation Forms kept in admin office	- 2 courses cancelled due to low numbers <ul style="list-style-type: none"> Stress in the workplace (health & social care) Basic Understanding of the Mental Capacity Act 2005 	Evaluate interest in cancelled courses to establish whether or not to re-schedule
	(2) We Can Keep Active: Project to encourage people suffering from mental ill-health to undertake physical activity over 8 week period with assistance then continue afterward by themselves. <ul style="list-style-type: none"> Plan 8 activities Aim to recruit around 30 participants 	Activities delivered to approx 25 participants: <ul style="list-style-type: none"> Gig Rowing Cycling Walking Surfing Circuit Training Tennis Sailing Yoga 	Attendee Register and Evaluation forms	None	N/A
	(3) Workplace Health - Induction Pack <ul style="list-style-type: none"> Induction pack for new HPS staff 	<ul style="list-style-type: none"> Designed new induction pack with Workplace Health Coordinator Pack agreed with Business Manager and is now in operation 	Copy of pack	None	N/A

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	<p>(4) Work Place Health – Mentor Scheme</p> <ul style="list-style-type: none"> • Agree on department needs (following on from questionnaire) • Meet with Workplace Health Coordinator, trainer from Volunteer Cornwall –and SHPO to discuss course content • Aim for 18 staff to attend • SHPO to produce Mentor Handbook 	<ul style="list-style-type: none"> • Course delivered 28th Oct • 16 staff attended • Senior Health Promotion Officer (SHPO) produced Mentor Handbook 	<p>Course register, Evaluation forms, Course notes, Mentor Handbook</p>	<p>2 staff cancelled due to other commitments</p>	<p>Another course may be planned if enough numbers.</p>
	<p>(5) Stress Toolkit – for loan/hire in HPS resource centre</p> <ul style="list-style-type: none"> • Meet with Workplace Health Coordinator (WHC) to discuss purpose and usage • Design pack contents • Acquire appropriate resources for pack • Aiming for around 25 bookings per year as each booking is for 2 years per time 	<ul style="list-style-type: none"> • Met with WHC and agreed on purpose and usage • Designed pack and received contents • Toolkit now on HPS order system and was promoted during National Stress Awareness Week • 2 bookings made already 	<p>Toolkit, orders on system</p>	<p>None</p>	<p>N/A</p>
	<p>(6) Suicide Prevention Training</p> <ul style="list-style-type: none"> • To receive 5 days training to become a trainer for Applied 	<ul style="list-style-type: none"> • Received training and now probationary trainer until completed 3 courses • 2 courses booked for Feb and March with 24 	<p>Course certification, Application and Bookings for delegates</p>	<p>None</p>	<p>N/A</p>

	<p>Suicide Intervention Skills Training (ASIST) in Brighton with the aim of delivering county wide from Feb 2010 onwards</p> <ul style="list-style-type: none"> • Aim to deliver course every 3 months • Aim for 24 people per course 	people on each			
	Activities planned		Targets planned		
Oct – Dec 2009 (Q3)	<p>Suicide Prevention</p> <ul style="list-style-type: none"> • Meet with other 3 ASIST trainers and Associate Director of Public Health to discuss rolling out county wide training • Deliver presentation on suicide prevention to Bude Grassland Society Farmers on Oct 14th. • Meet with Cornwall Young Farmers <p>Job Centre Plus</p> <ul style="list-style-type: none"> • Deliver 4 x stress reduction/management workshops 		<p>Suicide Prevention</p> <ul style="list-style-type: none"> • Agree on who delivers courses for 2010 • Advertise for more delegates/trainees • Promote awareness of depression and risk of suicide and how to help people at risk • Set date to deliver again to Cornwall Young Farmers <p>Job Centre Plus</p> <ul style="list-style-type: none"> • Deliver workshops in St Austell to staff 		