

HEALTH PROMOTION SERVICE – QUARTERLY REPORT (Q3)

PROJECT TITLE: Mental Health Promotion					
	Activities and targets planned	Activities delivered and targets achieved	Evidence list	Variance	Action Plan to address any variance
Oct – Dec 2009 (Q3)	(1) To deliver courses for the Mental Health Promotion Training Program 09-10: <ul style="list-style-type: none"> • Deliver 2 courses with max of 22 people trained 	Training Courses Delivered: <ul style="list-style-type: none"> • Mindfulness Taster Session x 7 delegates • Stress in the Workplace x 12 delegates 	<ul style="list-style-type: none"> • Evaluation forms kept in admin office 	<ul style="list-style-type: none"> • 3 delegates cancelled 	<ul style="list-style-type: none"> • Not needed
	(2) Suicide Prevention <ul style="list-style-type: none"> • Meet with other 3 ASIST trainers and Sara Roberts 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 to set up mental health awareness training 	<ul style="list-style-type: none"> • Agreed on who delivers courses for 2010 • Delivered presentation to 38 farmers and wives. • Received bookings for ASIST courses due to be run • No date secured as yet 	<ul style="list-style-type: none"> • Minutes/emails • Copy of presentation • Letter of thanks from Grassland Society • Delegate list 	<p>None</p> <p>None</p> <p>None</p>	<p>n/a</p> <p>n/a</p> <p>n/a</p> <ul style="list-style-type: none"> • Contact Peter Clarke of Farm Crisis Network to chase up date

	Activities planned	Targets planned
<p>Jan – Mar 2010 (Q4)</p>	<p>(1) To deliver courses for the Mental Health Promotion Training Program 09-10:</p> <ul style="list-style-type: none"> • Deliver 4 courses <p>(2) Suicide Prevention</p> <ul style="list-style-type: none"> • Deliver 3 courses (within above) <p>(3) Mental Health Awareness/Stress Reduction</p> <ul style="list-style-type: none"> • Meet with Cornwall Farmers & Job Centre Plus to roll out basic mental health awareness training for groups in Cornwall 	<ul style="list-style-type: none"> • Managing Anxiety – approx. 18 delegates booked • Suicide Awareness - approx. 18 delegates booked • ASIST (Feb) – 16 delegates booked • ASIST (Mar) – 16 delegates booked <p>• As above</p> <ul style="list-style-type: none"> • Connect with Cornwall Farming Groups • Train St.Austell department of work & pensions in 4 x stress reduction workshops