

## HEALTH PROMOTION SERVICE – QUARTERLY REPORT (Q2)

<b>PROJECT Weight Matters</b>					
	<b>Activities and targets planned</b>	<b>Activities delivered and Targets achieved</b>	<b>Evidence list</b>	<b>Variance</b>	<b>Action Plan to address any variance</b>
<b>July – Sept 2009 (Q2)</b>	Contribute and respond to shared goals with partners, as identified by the CHWG strategic group and the HCOP3 Obesity LAA, guided by DoH and GOSW Food and Activity Network Attend 3 meetings	Contributed to CHWG strategy. Strategy now finalised and ratified. HP contribution identified  Attended 1 GOSW meeting - Cardio-Vascular health checks regional training received	Strategy document  Minutes of meetings	No HCOP3 or CHWG meetings called	Marilyn asking to attend LAA meetings
	<b>Weight Management on Referral</b> <ul style="list-style-type: none"> <li>Continue to support the 14 GPs in the West Data base maintained</li> <li>Identify possibility of involvement in PCT vascular checks pilot and respond</li> </ul>	95 Sets of vouchers sent out to 14 GP practices 51 in July, 14 in August and 30 in September  Business plan written and Healthy Living toolkit being developed so ready to respond	Data base  Plan documented 4000 'How to Choose Health with the Health	Vascular checks pilot not initiated yet	Keep in touch with public health – Mat Lenny, Donna Chapman through

	<p>accordingly</p> <ul style="list-style-type: none"> <li>• Newsletter to 14 GPs already involved to maintain motivation</li> </ul>	<p>Newsletter sent to 14 GPs already involved</p>	<p>Promotion Service' z'd cards printed</p>		<p>Lynda Quee</p>
	<p><b>Weight Management training (adults)</b> Running an exemplar Weight Matters Shape Up Programme with the aim that 4 would continued through professional lead shadowing the course</p>	<p>3 programmes delivered but only 1 health professional at Chacewater shadowing with the intention of continuing Shape Up</p>	<p>Courses running see weight management groups for details</p>	<p>- 2</p>	<p>Will only offer to run the courses if the practices sign up to continuing the courses themselves</p>
	<p><b>Behaviour Change training</b> 3 Key health message Brief Intervention training sessions to interested agencies. 15 participants a session (Sally, Emma)</p>	<p>July – 1 course, 19 people August – 1 course, 16 people September – 2 courses, 20 people</p>	<p>Evaluation forms</p>		

	<p><b>Raise the profile of Weight Management through group work</b> Plan, deliver and evaluate with Eatsome and Leap 2, 8 week programmes to 12 participants, across the county working with Leisure centres</p> <ul style="list-style-type: none"> <li>• Plan and deliver 4 Weight management groups of 8 participants in GP Practices /workplace</li> <li>• Promote in partnership with Healthy Schools Plus Parents and Carers Change 4life groups 2 groups of 6 parents</li> </ul>	<ul style="list-style-type: none"> <li>• Carn Brea 20</li> <li>• Helston Leisure Centre 10</li> <li>• Manor Road Redruth 4 people group did not run group.</li> <li>• Perranporth Surgery 12 people</li> <li>• Chacewater Surgery HCA support to run 2<sup>nd</sup> group 6.</li> <li>• D&amp;W &amp; Pension 12 participants</li> <li>• 2 x Promotion events at Healthy Schools <ul style="list-style-type: none"> <li>• Launch Connor Down School 3 parents but only 1 interested pending</li> </ul> </li> </ul>	<p>Evaluation forms Data base</p> <p>Evaluation forms Data base</p>		
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	<ul style="list-style-type: none"> <li>Respond to new areas of work e.g. Supporting the adult care pathway with Jon Pinkney by offering a Change 4life group to 6 participants</li> </ul>	<ul style="list-style-type: none"> <li>Weight Management Group offered at Hospital fortnightly 1 participant attended</li> </ul>	Registration form	Lack of interest	Contact Jon Pinkney
	<p><b>Raise the profile of weight management with individuals and groups:</b></p> <ul style="list-style-type: none"> <li>Promote Waist Matters messages to men by taking the resources to 2 events and relate to 60 individuals at each</li> <li>Promote Weight Management messages to 20 individuals through 1 event using How to Choose Health Leaflet and the C4L challenge</li> </ul>	<ul style="list-style-type: none"> <li>Stithians Show 900 manuals distributed with conversation</li> <li>Culdrose Airday. 100 individuals</li> <li>Morrison Bodmin 10 individuals</li> </ul> <p>Healthy Schools celebration 30 interactions</p>	Resources handed out		
			Resources handed out		

	<ul style="list-style-type: none"> <li>• Offer long arm support to individuals through email, text on response bases only</li> <li>• Support 2 x Why Weight groups</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Email contact</li> <li>• 2 individual men</li> <li>• supported 1 visit</li> <li>• Redruth and Falmouth Children's Centres</li> <li>5 &amp; 8 participants</li> </ul>			
	<p><b>Raise the profile of Weight Management with Professionals</b> Respond to requests for presentations</p> <p>2 Articles in Newsletters</p>	<ul style="list-style-type: none"> <li>• 30 podiatrists at team meeting</li> <li>• 150 therapists at Knowledge Spa</li> <li>• Change4life article in HPS newsletter</li> <li>• Weight Matters Article in Grape Vine on Workplace group.</li> <li>• Weight Matters Press Release</li> </ul>	<p>Presentations made</p> <p>Articles printed</p>		

	<b>Activities planned</b>	<b>Targets planned</b>
<b>Oct – Dec 2009 (Q3)</b>	<p><b>Contribute and respond to shared goals with partners, as identified by the CHWG strategic group and the HCOP3 Obesity LAA, guided by DoH and GOSW Food and Activity Network</b></p> <ul style="list-style-type: none"> <li>• Attend meetings and contribute</li> <li>• Attend regional training relating to healthy weight and families</li> </ul>	<p>Attend 1 regional meeting, Attend 1 CHWG meeting</p>
	<p><b>Develop Weight Management on Referral</b></p> <ul style="list-style-type: none"> <li>• Continue to support the 14 GPs in the West</li> <li>• Work with commissioning to continue and cascade WOR. in the West (Phase 3)</li> <li>• Develop involvement in vascular checks pilot in the West</li> </ul>	<ul style="list-style-type: none"> <li>• 60 referrals</li> <li>• Make contact through Julie Tomlinson and impact on the new action plan as part of the CHWG group</li> <li>• Pilot Healthy Lifestyle brief intervention toolkit</li> </ul> <p>Respond to training needs</p>
	<p><b>Weight Management training (adults)</b></p> <ul style="list-style-type: none"> <li>• Offer 1 Shape Up training Courses through the HPS training programme and support participants to develop Shape up groups in their settings (Mary)</li> <li>• Deliver 1 'Making Changes to A Healthier Weight' training courses to 8 health professionals supporting individuals through Sally Wilson, Cornwall partnership Trust – Skills</li> </ul>	<p>1 training minimum 6 participants</p> <p>November 27<sup>th</sup> training 15 participants</p>

	<p><b>Behaviour Change Training</b>  3 Brief Intervention training sessions  Advertise, organise, plan and deliver Brief Intervention training to interested agencies. (Sally, Emma)</p>	<p>3 sessions of 15 participants  45participants in all</p>
	<p><b>Raise the profile of Weight Management through group work</b></p> <ul style="list-style-type: none"> <li>• Plan, deliver and evaluate with Eatsome and Leap 2, 8 week programmes across the county working with Leisure centres – West Cornwall</li> <li>• Parents and Carers Change 4life groups in partnership with Healthy Schools Plus initiatives that are targeting obesity/healthy Weight</li> <li>• Plan and deliver Weight management groups in 4 GP Practices/Workplace</li> </ul> <p>Respond to new areas of work e.g. Supporting the adult care pathway with Jon Pinkney</p>	<p>2 sessions in East Cornwall  12 participants in each</p> <p>Working with Penrice School</p> <p>Minimum of 6 particiapnts in each  Trescobes Road, Falmouth  Probus Surgery,  St Blazey Surgery  Perranporth continuing</p> <p>Working with new Obesity Dietician to develop appropriate response.</p>
	<p><b>Raise the profile of weight management with individuals:</b>  Promote Waist Matters messages to men by taking the resources to 2 events (Mary, Angela, Sally)</p>	<p>Wadebridge Mens Health – cancer  Exploring Work Place input with Angela</p>

	<p>Promote Weight Management messages to individuals through networking and events using How to Choose Health Leaflet and the C4L challenge</p> <p>Respond to long arm self help support through email, text and self-help booklet (Mary Shape Up News letter</p>	<p>Network toolkits Develop library resource</p> <p>Shape Up News letter Respond to requests</p>
	<p><b>Raise the profile of Weight Management with Professionals</b></p>	<p>AS part of the Health lifestyle brief intervention tool Network Change 4life</p>