

It'll be lonely this Christmas

In 1974, when I was just an adorable toddler, Mud brought out the song "Lonely This Christmas", which for me, each year heralds the start of Christmas when I hear it on the radio - it fills me with excitement. However for many people this song could signal what has become one of the most depressing and lonely times of the year. It is hard for those of us with loved ones at home and friends to celebrate with, to recognise that it may not be like that for one and all. In October of this year Help the Aged published a report highlighting the number of older people who are lonely for most of the time, but will perhaps feel it more acutely at christmastime.

The charity found more than a third of older people in the UK, including half of women aged over 65, now live alone. Nearly half a million pensioners only leave their houses once a week and a further 300,000 are entirely housebound. The charity wants more help for older people and said many only get to interact with delivery people. The report blames a variety of factors for causing people to become isolated. These include low incomes, a lack of local services, such as post offices, and the absence of opportunities to pursue hobbies.

1 is the saddest number

In order to try and get more people together, Help the Aged have launched the "1 is the saddest number" campaign where people can donate money so that older people can be with friends and have a Christmas lunch on Christmas Day at their local older people's group. Isolation can be caused by the death of a partner, fear of crime or poor mobility. It can lead to depression, ill health and premature death.

- One million older people are facing Christmas Day alone.
- Over 1.2 million older people in the UK often or always feel alone.
- 48% of over-65s consider the television their main form of company.

- 7% of over-65s don't leave their house more than once a week, and 3% never go out.

If you would like to spread some of your own good cheer, Help the Aged are asking for donations on their website, www.saddestnumber.org.uk.

I would like to take this opportunity to wish you all lots of healthy happiness over the Christmas period and will look forward to continue working with you all in the New Year.

Alex Ollivier

Community Health Development Team and Health Trainers Co-ordinator

Stop Press...Stop Press...

Due to the wonderful work of the Health Trainers and Alex's fantastic submission, the Health Trainer Service in Cornwall has been short-listed for the Healthy Communities category at the LGC & HSJ Sustainable Communities Awards 2009. According to Georgina Blake, the Event Coordinator, there were a large number of entries this year and they saw a significant growth from last year's final number, so to be shortlisted is an achievement.

Now in their second year, the LGC & HSJ Sustainable Communities Awards aim to recognise and reward public and private service providers who are increasingly working in partnership to improve local communities both now and in the future.

The LGC & HSJ Sustainable Communities Awards are themselves a joint initiative between two leading public sector magazines and two public organisations: Defra and the Department for Communities and Local Government.

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Health Trainer News

Our four new Health Promotion Health Trainers are coming up towards the end of their training and will be fully qualified in January 2009.

These are :



Amanda Thorton - Bude



Angela Johns - Redruth North



Marcia Henning - Saltash and Torpoint



Angela Ofori-Mensah
Step by Step
(Covering Carrick, Caradon, Restormel and North Cornwall).

Also on the same course and completing their training are Community Health Development Worker, Beth Mitchell, Jo Vernon from CN4C and Lesley Trenchard; Bethany Sheldon-Fenten and Michelle Nicholson from BTCV.

Congratulations on the hard work done. Nearly there !!!!!!!

Until these Health Trainers are fully operational, anyone interested in finding out about the service or how to refer to a Health Trainer, contact: Alex Ollivier or Diane Warren 01209 313419

The Health Trainer Service is part of the Healthy Neighbourhood Partnership between The Cornwall and Isles of Scilly Primary Care Trust's Health Promotion Service; Cornwall Neighbourhoods for Change (CN4C), BTCV, Cornwall Works, Cornwall Centre for Volunteers, Penwith Community Development Trust and West Cornwall Community Network. This partnership recognises the valuable input to people's health that comes from feeling part of a community and understanding our beautiful natural environment. Our partners bring a differing perspective to healthy lifestyles

and offer added value that the NHS may not be able to cover without their help.

The Health Trainers are often asked: 'what does a Health Trainer actually do?' The answer to this is to help a person achieve something that will produce health related benefits. This can mean supporting the person to overcome their barriers to a healthier lifestyle by helping them to address issues such as debt and tenancy problems. When a person is consumed by these worries, a healthier diet or more exercise is not going to be high on their list priorities. It also means encouraging the person to set their own health goals, to support them in working towards positive behaviour change and signposting to other relevant agencies.

A Gentle Manner and a Gentle Walk Can Make All The Difference

Jan Holroyd has been working as a qualified Health Trainer in the Newquay area for two years, and received a referral for B who was described by her GP as morbidly obese, diabetic and a heavy smoker. It was suggested by her surgery nurse that Jan could help her manage her lifestyle by helping her to lose weight and give up smoking.

Jan made an appointment to meet B at home, and during their first meeting, B quite matter of fact, told her that she didn't want to talk about her weight, and she didn't want to give up smoking, and wasn't sure why Jan was there. After a cup of tea and some time getting to know each other, B agreed to look at the things in her life that she felt she could change for the better and be in control of. They spoke about activity levels and B was very honest in saying that she walked from home to car and car to home. B said that as she was so large her legs really hurt if she walked so eventually she stopped walking. She wished she could go out walking without feeling breathless and in pain.

B chose to use walking as her positive behaviour change. Jan looked at what was available in the area and discovered that the boating lake gardens were on level ground and had benches positioned all the way along - only yards away from each other, so B could stop and rest if she wanted to. Jan and B met in the lay-by the following week, and a nervous B appeared from her car. They managed to get to the first bench, then stopped and chatted for half an hour. B found this quite hard going.

The next week she managed three benches and made a break through, she discovered that if she didn't have a cigarette for at least 20 minutes before walking, she could walk further. So the next week B didn't have a cigarette 20 minutes before walking (an amazing effort for a 40 a day smoker!), and she managed seven benches. As the weeks went by, B got further and further along, her confidence grew and it began to make a difference to her outlook. B then set a goal - she wanted to participate in the 'healthy walkers' walking group. B felt she was

making great steps in achieving this goal. A few weeks later it happened! B walked 40 minutes, with one five minute stop! During subsequent walks conversation turned to looking for work. B was convinced that, she was "too fat to work, who would employ me?" They spoke about her applying for temporary work at a local supermarket; B thought about it, then thought some more, until eventually she applied. Interview came and went, B still convinced she wouldn't be hired, and then the bombshell..... she got the job!! And how her confidence grew again!

Since then B has lost 1½ stone and cut down smoking from 40 cigarettes a day to 15. She now walks regularly and is a regular attendee of the 'healthy walkers' walking group. Her confidence and self esteem has grown, and she has been promoted to a permanent position at work.

Joined up working helps Camborne resident back into work

Pengegon resident, Caroline Dennis, is a testament to how multi-agency support can work to help people develop the new skills and confidence that can lead back into work. Caroline started working with her local employment adviser to identify her interests, one of which was cooking.



Health Trainer, Lesley Trenchard (left) with Caroline Dennis (right)

Caroline's desire to learn more about food was taken up by her local BTCV Health Trainer, Lesley Trenchard, who together with the Health Promotion Service Eatsome Project, trained and supported Caroline to run cooking classes for young people in her local community. Caroline also joined a BTCV weight management group which encouraged her to eat healthily and take more exercise and further promoted her interest in cooking and food. With her new found skills and confidence Caroline felt ready to move back into work and the opportunity to work at Treliske Hospital preparing patients meals seemed like the chance she had been waiting for. Caroline has now been in her job for six months and she continues to find the work rewarding and interesting. She continues to remain active in her community, through the local residents association and supporting youth activities.

The Fitta Tikka Cardiac Support Group in Falmouth

Barry Mappley wondered how he was going to cope without the continuing help of the Cardiac Rehab Nurses after his phase three cardiac support finished in 2006. Barry said 'it was like being stranded and alone without the nurses and other patients, to discuss your condition with'.

After many discussions with Sarah his Cardiac Nurse about the need for continuing exercise and support, he decided to look at starting a group in Falmouth. The setting up of a group is a timely business and Barry found a like minded person in Alan who became the group Treasurer, who took over all of the paperwork necessary for funding and expenditure. The group chose the name the Fitta Tikka Group and they held their first meeting in October 2006 with other founder members and very little except enthusiasm and hope.

The group was successful in applying for a Small Grant from the Health Promotion Service and grants from the British Heart Foundation, ensuring they were able to start to buy the equipment they needed.

They have a variety of 24 pieces of equipment or exercises to avoid boredom setting in. All of the exercises are performed with specially arranged music by their Art Director, Michael, with the exercise circuit arranged to allow group members to work at their own pace. The group have a guest speaker on a regular basis and have arranged Healthy Eating Days where everyone is involved with the cooking and subsequently, the eating.

The group has now grown to 30 members and is open to not only heart patients, their partners and carers but also those who wish to prevent heart problems in the future. The bonds amongst the group are fantastic and members have started their own walking and boat trip group.

If you live in the Falmouth area and wish to contact Barry about the Fitta Tikka Support Group, he can be contacted on 01326 317803.

Once again we find ourselves enmeshed in the holiday season, that very special time of year when we join with our loved ones in sharing centuries-old traditions such as trying to find a parking space at the shops. We traditionally do this in my family by driving around the car park until we see a shopper emerge from the shop, then we follow her, in very much the same spirit as the Three Wise Men, who 2,000 years ago followed a star, week after week, until it led them to a parking space.

Dave Barry

Good Grant News from the Government

Government departments to make three year funding the norm for third sector organisations

Charities, voluntary groups and social enterprises all stand to benefit from new guidance published by the Government, ensuring every Whitehall department offers three year funding to third sector organisations in all but exceptional cases.

The guidance document, published jointly by the Office of the Third Sector (OTS) in the Cabinet Office and the Treasury, sends a clear message across Government that, where appropriate, funding for the third sector must be for a minimum of three years.

Phil Hope, Minister for the Third Sector, said:

“We are determined to make three-year funding the norm not the exception for the third sector, and this guidance will help departments across government make our commitment a reality.

“Charities, voluntary groups and social enterprises play an increasingly important role in helping to deliver our public services, not least because of their ability to innovate and reach people that government cannot always reach. However, this ability can be hampered by short term funding and I am determined to help third sector organisations improve their financial stability and reach their full potential.”

This is the first in a series of steps to provide the reassurance they will not lose funding from one year to the next and aims to help third sector organisations to be:

- more sustainable – to engage in longer-term planning, borrowing and investment;
- more innovative – with more time to develop and demonstrate the impact of new services and activities;
- provide better value for money – reducing time spent on year-on-year fundraising, freeing up staff to concentrate on delivering long-term outcomes.

While the Government is keen to ensure three year funding is the norm, there are instances where shorter-term funding may be more appropriate, for instance if a department is funding one of events or for very specific pilot projects.

For further information visit the website at

http://www.cabinetoffice.gov.uk/third_sector/news/news_stories/080903_funding.asp

Local Grants

The following are funding programmes through the Cornwall Community Foundation. and available to ‘not for profit’ organisations and individuals in Cornwall and The Isles of Scilly. Restrictions do apply to each, for full details refer to the appropriate grant guidelines. Both the guidelines and the application forms can be downloaded from the CCF website (www.cornwallfoundation.com) or by telephoning 01566 779333.

Adult Social Care Fund Small Grants £250 to £5000

This fund is aimed at prevention and to help people aged 16 years and over who need extra support to live their lives as independently as possible. The focus of projects must be on social inclusion and integration. Examples of beneficiaries could include older people, carers and/or people with a disability. The type of disability a person may have could include learning, physical, sensory or mental health issues. Small and voluntary groups can apply.

Benefiting Older People Fund £250 - £500

Awards are granted to support projects that improve the life of older people specifically access to services, helping to regain confidence and self esteem and encouraging older people to participate in activities

which bring communities together.

Caradon Area Community Fund £250 to £500

Created to provide a sustainable source of funding that will meet the needs of existing and future grass root community and voluntary groups and projects working to improve people’s lives in the Caradon area.

Cornwall 11 Club Fund - £500 - £5,000

Grants are aimed at small community and voluntary groups throughout Cornwall for projects which address any number of seven themes – transport, poverty and crisis, older people, communities and local environment, young people, disabled and minority groups.

Cornwall Garden Society Fund £200- £1,000

Grants are made to people who have demonstrated a desire and capacity to accomplish great things in the field of horticulture but who are held back by personal or family hardship or disability.

Grassroots Grants £250 - £5,000

This is a Government strategy for building stronger communities by increasing small grant making capacity for community groups promoting sustainability and strengthening independent grant making capacity across England.

High Sherriff's & Safer Communities Fund

£250 to £1,000

Supports initiatives to reduce crime and anti social behaviour with youth led projects and co-ordinated activities for young people

Lady St Levan Fund –

Up to £1,000, £10,000
(in exceptional circumstances)

Grants are made to any one of the current six themed projects: care of autistic children, Hospice movement, cancer care, hardship and poverty and the elderly in crisis situations.

Lord Lieutenant's Fund for Youth

- Up to £5,000 (average award of £800)

Helps young people who have demonstrated the desire and capability to accomplish great things – in the field of sport, the arts, voluntary service, science or enterprise. Amongst other possibilities those who have demonstrated outstanding and clearly recognised abilities but who are in danger of being held back by personal or family hardship or disability.

Morwenna Fund

- £50 to £250

This is for the benefit of a single parent or carer, living alone with a child/children who is experiencing need, hardship or distress. Grants are awarded to sponsors on behalf of the beneficiaries. Sponsors include health visitors, doctors, teachers, CAB, Children's Centres and representatives from voluntary organisations

In these times of financial concern and uncertainty, some encouraging news from Charity Bank

In the wake of the credit issues facing charities after the well-publicised problems with Iceland's banks, Charity Bank has contacted charity leaders to try and step into the breach. Charity Bank's Chief Executive Malcolm Hayday wrote to the chief executives of NCVO, ACEVO and the Charity Finance Directors' Group as well as the Charity Commission on 14 October, to advise that any charities struggling as a result of money locked up in accounts with Icelandic banks may be able to receive support via a short-term working capital loan. The National Council for Voluntary Organisations reported that at least 60 of its members fear their funds may be at risk and it's estimated that up to £120m of charity funds may be invested in Icelandic banks.

Organisations that are interested in discussing their situation further should contact the Loans Officer on 01732 774050 or by emailing enquiries@charitybank.org.
http://www.charitybank.org/News_Events.aspx

Is your group or organisation in need of some help in forming a committee or building a constitution? If so then you will need the Inter-link Capability Model

The ILCM process is designed from the ground up so that organisations can gain the recognition they deserve, and provides a pathway for developing committees, volunteers and staff. By becoming ILCM accredited, organisations can stand out from the crowd and attract the attention of commissioning and funding bodies, local authorities and partners.

Why should groups be interested in undertaking the ILCM process? Obtaining funding, or at least continued funding in Cornwall is a good reason for any group to undertake the process.

Groups that currently have contracts, or Service Level Agreements with many of the statutory bodies within Cornwall, such as Cornwall County Council, or wish to enter into the procurement process, will find in the future these funders will be giving money to groups that can prove they are really 'Fit for Funding' and can prove they are the 'best value' to deliver projects. Having gone through the ILCM model and having received a green light will prove this.

Not only having some form of accreditation is essential for future funding from the statutory bodies within Cornwall, but many funders are now requiring proof that the group applying for funding is the best group to deliver that specific project. Again having the proof provided by an ILCM assessment will meet these requirements.

The ILCM process proves that groups are being properly run and gives them the recognition they deserve to show that they are fit for purpose.

If your group is interested in finding out about the ILCM process then please contact your nearest Inter-link worker on page eight.

For the latest news on funding visit:-

www.healthpromcornwall.org/index_HL_Grants.asp

Small Grants Scheme 2008-2009



The overall aim of the Community Health Development Team of the Health Promotion Service is to stimulate and support local communities in actions, which will reduce health inequalities, improve quality of life and quality of opportunity for communities. The Small Grants Scheme gives communities the opportunity to be able to try out something new that would not otherwise be available to them without the funding.

The second round of funding has just closed in the six local council areas but for those of you who live on the Isles of Scilly, the second round closing date is 16 January 2009.

We wanted to ensure that this fund is able to support a wide number of groups within Cornwall and therefore we wish to

support projects that promote social inclusion through projects which:

- Support community health development through community involvement and participation;
- Support community involvement in active recreation and environmental projects;
- Promote arts for health within the community (all forms)

If you missed the deadline for this year's two rounds of Small Grants, watch out in our next newsletter for information on the 2009 programme.

The following were awarded grants in the first round of funding

Project	Title/Summary	Tel No	Amount
Caradon Hockey Club	Taster sessions with Caradon Hockey Club	01579 342779	£100.00
Women's Institute and Harrowbarrow & Metherell Community Association	Walks around Harrowbarrow & Metherell to promote inclusion plus health & wellbeing	01579 351081	£88.00
Trewidland Village Hall	Cups and saucers for village coffee mornings	01503 240148	£157.35
Hatt Youth Sports Association	Provision of adult & children's play equipment for Hatt	07811068661	£200.00
Pre-School Learning Alliance	Resource pack to help with running pre-school groups	07515098871	£200.00
Saltash Live At Home Scheme	Reduce isolation of the elderly in Burraton	01752 848728	£200.00
Greenbank Care	To provide day trips for the elderly and reduce isolation	07736735646	£100.00
Landulph Under Fives	To provide resting mats for Landulph Under Fives	01752 845423	£50.00
Caradon Senior Citizen's Forum	To provide transport for Senior Citizens' Fun Day	01579 342220	£200.00
St Ives Bay Swimming Club	Sunrise Swimming Sessions for advanced swimmers.	01736 755038	£300.00
Cornwall People First	Arts Project for people with learning disabilities.	01736 334857	£300.00
Community Art Skills	Stained Glass Project for Penbeagle & Ayr in St Ives.	07846926390	£300.00
FXU - Falmouth & Exeter Student's Union	Creative workshops for students and Age Concern volunteers to share skills.	01326 253631	£298.00
St Ives Parent Group	A family event for families in St Ives.	01736 741305	£130.00
Lone Parent Group (St Just & Pendeen)	A lone parent group for Pendeen, St Just & surrounding area.	07790743215	£180.00
Penryn College Parent's Forum	Community health and learning events to promote understanding of how health affects a child's learning.	01326 372379	£230.00
Stoke Climsland History Club	Local History event	01579 370129	£148.00
Launceston Amateur Dramatic Society	To provide intelligent lighting facilities for a performing arts youth group.	01579 362269	£300.00
Salvation Army	Art & craft workshop for residents with a variety of problems.	01736 333086	£300.00
Salvation Army	Healthy Food Project, growing and cooking their own veg.	01736 333086	£300.00
The Under 30s Mother's Group	Under 30s Mother's group working to gain parenting skills and increasing knowledge of health & well being.	07523060160	£300.00
The Falmouth & Penryn Parent's Group	Community sport challenge to promote opportunities for children, young people & families	07920005980	£300.00
Cornwall Powerchair Football Club	To allow disabled people who do not own a power chair to participate in Powerchair Football.	01637 876802	£300.00
Housing 21 'Senior Superstars'	Weekly outdoor activity / sports club for elderly residents and their families.	08701924145	£225.00

Health Events

10 December 2008

International Animal Rights Day

International animal rights campaign groups annual coalition of protests and candle-lit vigils calling for the recognition of a Universal Declaration of Animal Rights (UDAR).

11 December 2008

International Mountain Day

A day for recognition of the vital role that mountains play in our lives, and the responsibility to protect our mountain environments.

18 December 2008

International Migrants Day

A Day when the international community recognises the rights of migrants around the world.

20 December 2008

International Human Solidarity Day

A day to encourage debate on ways to promote solidarity for the achievement of the millennium development goals.

4 January 2009

World Braille Day

An annual opportunity for blindness organizations to promote braille literacy, showcase their work and raise public awareness of blindness issues.

19 - 30 January 2009

Big Schools Garden Watch

The schools based version of the RSPB's long-running Big Garden Watch.

21-27 January 2009

World Leprosy Week

An annual international event aimed at raising awareness of the continuing problem of leprosy in the developing world.

25 - 31 January 2009

Farmhouse Breakfast Week

The campaign aims to highlight the importance of breakfast and the range and quality of regional breakfast produce available in the UK.

26 January 2009

Chinese New Year 4707

This is the first day in the Year of the Ox

The traditional Chinese lunar year begins at sunset on the day of the second New Moon following the winter solstice. Chinese New Year celebrations last two weeks and end with Teng Chieh.

31 January 2009

National Bug Busting Day –

Community Hygiene Concern
Headlice awareness campaign led by Community Hygiene Concern.

01 - 28 February 2009

National Heart Month

Go Red Hold a Wear Red Day or sponsored 'red' event and help the British Heart Foundation fight the UK's biggest killer.

31 January - 7 February 2009

National Storytelling Week

An annual event which aims to raise awareness of this ancient form of entertainment. Over 350 nationwide storytelling events and performances were organised this year for National Storytelling Week in theatres, book shops, libraries, schools, museums, arts centres, storytelling clubs, retirement homes and pubs!

6 February 2009

Stress Down Day

Stress Down Day is Samaritans' national awareness and fundraising event and aims to get across a serious message in a light-hearted way.

14 February 2009

Gold Heart Day

Get your Gold Heart for a minimum £1 donation and help The Variety Club Children's Charity to assist thousands

of sick, disabled and disadvantaged children throughout the UK.

23 February - 9 March 2009

Fair Trade Fortnight

An annual campaign aimed at increasing awareness of the Fairtrade mark among consumers.

1 - 31 March 2009

Coffee Break

Coffee Break is simply a good excuse to get together with friends, family and work colleagues over a cup of coffee to raise money for the Meningitis Trust.

1-31 March 2009

National Bed Month

March 2008 is the 19th annual National Bed Month awareness event, organised by The Sleep Council.

11 March 2009

No Smoking Day

www.nosmokingday.org.uk/smokers/index.htm

No Smoking Day is an annual awareness day that aims to help those smokers who want to stop smoking by highlighting the help that is available and offering an opportunity to do so.

22 March 2009

World Water Day

–IRC International Water and Sanitation Centre

23 – 29 March 2009

Mental Health Action Week

1 - 31 March 2009

The Great Daffodil Appeal

The Great Daffodil Appeal happens every March and is Marie Curie Cancer Care's annual flagship campaign.

Christmas Quote

What do you call people who are afraid of Santa Claus? Claustrophobic.

Anonymous

The Liskeard and South East Cornwall Breathers Group

The Breathers Group were successful in being awarded a grant under the Health Promotion Service's Small Grants Scheme to allow them to continue their good work in supporting people with heart disease and Chronic Obstructory Pulmonary Disease (COPD). COPD is a lung disease characterized by chronic obstruction of lung airflow that interferes with normal breathing and is not fully reversible. The members of the group attribute their breathing problems to smoking.

The group started with seven members of a respiratory rehabilitation class in Liskeard and from this has grown a project that visits schools and colleges in the local area. The group members who visit the schools and colleges talk to a range of students about the effect that smoking has had on their bodies. At the end of each session with the students there is a question and answer time.

For anyone interested in the Breathers Group, contact Jo Barr 01579 346028.

To have help to quit smoking contact Stop Smoking Service 01209 215666.

People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas.

Anonymous

Useful Contacts

The following is a list of useful contacts who are available to provide funding advice, help and support to community and voluntary groups across Cornwall & the Isles of Scilly.

Healthy Living Leads

Penwith:

Dilys Down 01736 330198

Kerrier:

Douglas Polman 01209 614909

Restormel:

Stella Jenkin 01637 893637

Carrick:

Trudy Swann 01872 264882

Caradon:

Liz Webb 01579 348844

North Cornwall:

Lydia Bilson 01208 832763

Isles of Scilly:

Joel Williams 01720 423680

Interlink Contacts

Kerrier and Penwith:

Douglas Polman 01209 614909

Restormel and Carrick:

Alison Mitchelmore 01872 264166

Caradon and North Cornwall:

Lydia Bilson 01208 832763

District Council Contacts

Each district council has a community team who are in place to support community and voluntary groups within that district.

Penwith:

Kate Keogh 01736 336737

Kerrier:

Josyanne Thatcher
01209 614061

Carrick:

Martin Searle 01872 224428

North Cornwall:

Sally Lewis 01208 265624

Caradon:

Alison Gibson 01579 341030

Restormel:

Jessica Pttel 01726 223546

Healthy Living Network News is the Health Promotion Service Newsletter for those involved in community health development. Editor: Alex Ollivier, Tel: (01209) 313419. Queries to Healthy Living Network News, Health Promotion Service, The Kernow Building, Wilson Way, Pool, Redruth, Cornwall TR15 3QE. The opinions expressed in this newsletter are those of the contributors and may not necessarily reflect those of the Health Promotion Service. The editor reserves the right to refuse or edit articles submitted.

The Health Promotion Service provides services on behalf of Cornwall & Isles of Scilly Health Community

Deadline for next newsletter 11 February 2009