



COUNTY DURHAM  
A local voice for local people

## County Durham LINK Meeting/Event

<b>Date: 23<sup>rd</sup> November 2011</b>
<b>Event: Dales Health Network</b>
<b>Number/range of attendees: 12</b>
<b>Purpose of meeting/event: Review of Health Priorities</b>
<b>Record completed by: Peter Irving</b>
<p>Review that the way forward needed to be clear to target and spend the money.</p> <p><b><u>Health Trainer Service</u></b></p> <p>Need to build a pathway to reduce health inequalities with an appropriate trained team.</p> <p><b><u>Physical Activity</u></b></p> <p>Lots of changes in CSN delivery and need for community health checks. Take up in other areas of County Durham better. CPAL extended to March 2013. WOW bus, not the success in other areas as in ours. Legacy gyms will come back. To be a drive on training after a needs assessment with clubs for qualified instructors. Gap in physical activity, especially in Crook with Glenholme closing.</p> <p><b><u>Tobacco</u></b></p> <p>There was an organisational approach with referrals. Talked about an incentive scheme for pregnant women, such as the pilot in East Durham which had a 45% success rate. More likely to give up with behavioural support. Befriending scheme in communities to help. Local targeting especially around illegal tobacco, linked in with other organisations.</p>



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### Nutrition and Food

Delivering the DRCC healthy eating course already in schools. A plan is being formed after a meeting in Tow Law.

The network talked putting on a promotional event on based around 4 roadshows on a personal health check.

There was a presentation on the Healthy Village Challenge.

Actions required