



Penwith Community Development Trust

Sue Guard
Chief Executive

Dilys Down
Head of Health and Wellbeing

Cornwall Healthy Living Centre (Pathways to Health and Wellbeing)



Penwith Healthy Living Network (1999 - 2004)

- New Opportunities Fund
- £1.4 millions
- 21 partners / community health projects

West Cornwall Healthy Living Centre (2005 -2007)

- Neighbourhoods Renewal Fund, Cornwall Works, Duchy Health Charity

Cornwall Healthy Living Centre (2008 - 2011)

- CHLC is one of the 15 projects including 10 Healthy Living Centres within the South West Wellbeing Programme funded by BLF (£3.9 millions for 3 years) – WestBank HLC (Well UK) is the lead organisation
- CHLC – £335,698

Cornwall Healthy Living Centre (Pathways to Health and Wellbeing)



- CHLC Database/Website
- Wellbeing Project at GP Surgeries (Stennack Surgery and Bodriggy Health Centre)
- Wellbeing/Volunteer Recruitment Scheme
- Free Counselling Service
- Wellbeing Activities – complementary therapies, community yoga, sports taster sessions for people suffering or recovering from mental health problems
- Supported 3,300 people from the deprived communities in Cornwall over the past 3 years

Cornwall Healthy Living Centre (Pathways to Health and Wellbeing)

Future / The Way Forward

- Wellbeing Scheme at GP Surgeries
Research/Evaluation Project
- Free Counselling Service (county-wide across Cornwall)