

## Appendix 8

### **Overview of voluntary sector provision from Healthy Living Network-Leeds**

Healthy Living Network-Leeds formerly known as West Leeds Healthy Living Network has been funded to deliver healthier lifestyle initiatives by the Lottery's New Opportunities Fund and the PCT over the last 5 years. This has enabled us to build relationships with local people, identify needs and respond to specific issues

We have focussed most of our work as a 'network' bringing together community groups, agencies and services to better provide for local people addressing their individual needs and group needs to improve their health and sense of well-being through a variety of methods such as events, training, demonstrations and awareness raising

Support for local environment groups

Support for management committees of community resources buildings/allotments

Cook & Eat Sessions in schools and community locations

Five a Day

Smoothy Making

Community Health Educator Training - leading to paid work delivering sessions on behalf of CHE's project most of our previous graduates have found employment with other agencies and organisations - contributing to the local economy

Health Trainers

Extended Schools worker

First Aid & Fire safety training

Training based on SCRAP BOOK - resource for people setting up or working in community/neighbourhood groups

Mentoring of 'new' workers in community centres

Membership of a number of strategic boards/panels/groups working both in the area and city wide.

Membership and active participation in regional and national organisations/consortia

We have used and will continue to use a 'community development approach' to all our work to enable people to develop their skills and confidence and to take action within their own geographical areas particularly working in community centres, local church halls and green spaces and extending our work to reach additional people in schools.

We will continue to work in the future to address the needs of citywide communities, further developing skills, knowledge and values, offering tailored training and raising awareness of issues that affect their lives.