

	<p>Provide opportunities to raise awareness of public health issues</p>	<p>Participate in planning events that promote National Public Health Days such as World Mental Health Day , No Smoking Day, Fruity Friday and Sun Awareness Week.</p>	<p>guideline, increase the amount of exercise as follows:</p> <p>25 adults 2 x 30 minutes for 8 weeks 10 adults 5 x 30 minutes for 8 weeks</p> <p>30 children/young people 3 x 60 minutes for 8 weeks</p> <p>10 children/young people 5 x 60 minutes for 8 weeks.</p> <p>Deliver 1 accredited nutrition programme in the community</p> <p>Work in partnership to deliver 1 x 12 week nutrition and exercise class</p> <p>To increase overall levels of participation in health and exercise and physical activities by 5% from a base line of 150</p>
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<p>Families, children and young people are not disadvantaged by poverty</p> <p>Vision Framework Child Poverty</p>	<p>To promote exercise, sports, and nutrition programmes to partners working in the area with community members on incapacity benefits.</p>	<p>To continue to develop our working relationship with health professionals operating in the community and provide partners i.e. GP practices, Health Visitors, Schools, Flying Start groups and other Local Authority groups with regular (quarterly) information by means of a "healthy newsletter.</p>	<p>Deliver activities to include : Pre and post natal exercise, nutrition and weaning advice, swimming lessons for 0 to 2 years and oral hygiene. Attracting 50 participants</p>
	<p>Alleviate the financial stigma attached to traditionally expensive sports and leisure pursuits.</p> <p>Help promote use community sports facilities</p>	<p>Deliver National Plan for Teaching Swimming</p> <p>Expand upon the existing variety of sporting and leisure opportunities available locally at minimal financial cost to the participant.</p> <p>Continual development of 3Gs Sports Village and look at ways to open facility for longer hours.</p>	<p>Deliver 3 sets of 8 week swimming lessons to children and young people through the continuation of 3gs swim school.</p> <p>Trial 1 new sports activities per quarter</p> <p>Promote increased use of 3Gs Sports Village sports facilities by attracting 40 new community users per annum.</p>

	<p>To support and promote more sports/exercise/nutrition activities and facilities and community venues to attract community members</p>	<p>To identify funding to expand the variety of classes and services in the various community facilities</p> <p>To work in partnership with MTCBC and other organizations</p>	<p>Carry out a consultation with existing users to identify gaps in provision by November 2011.</p> <p>Increase use of sports/exercise facilities at Galon Uchaf Community Centre by 30 new members per annum</p> <p>To use Greenie Fields for sports activities on a minimum of 10 occasions during the year Deliver 3 weekly sports activities at the Gurnos Recreation Centre during term time.</p> <p>Work in partnership with Business Manager to pursue the Asset Transfer of the Gurnos Recreation Centre by end of March 2012.</p> <p>.</p>
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<p>Community members increase their skills for employment through coaching/sports/nutrition and other qualification</p> <p>Vision Framework Education and Training</p>	<p>Promote lifelong learning and training through sport and nutrition</p>	<p>To work in partnership with MTCBC and other organizations To attend relevant meetings i.e. Action Groups of the partnership Board, LAPA.</p> <p>To work with community groups, schools and individuals to encourage participation in sports and exercise</p>	<p>Recruit train 5 new volunteers.</p> <p>Refer 30 community members to various coaching / educational providers for formal / informal learning opportunities</p> <p>Develop existing 3 coaches and 5 instructors to access training to further support their personal development.</p>
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