

## **1. X-PERT HEALTH C.I.C. (Community Interest Company):**

**1.1** This is a charitable company and registered social enterprise, founded 3 years ago, by Dr Trudi Deakin. It began in rented premises in Burnley. With significant financial help from the Department of Health last year, the company purchased half of Linden Mill and relocated to Hebden Bridge.

**1.2** The frontage of the mill was totally renovated and converted to a "Healthy Living" training centre, open for business from August 2010. The work was accomplished with no adverse comment from any surrounding residents, using mainly local labour, with small vehicles. Now completed, it has received nothing but praise from nearby house holders for the significant facelift and environmental improvement brought about.

**1.4** The company specialises in training people with long term health conditions such as Diabetes, in how best to manage their disability. Local people receive free referrals from the Hebden Bridge Group Practice, and "Train and Trainer" courses are run for health professionals from other parts of the country so that they may take Dr Deakin's method to a wider audience. To date over 1,000 health professionals from all parts of Britain and Ireland have been trained to deliver the courses, and a database is kept of over 16,000 patients worldwide now successfully managing their own situation. Research has demonstrated the significant benefits to their quality of life, and the significant financial savings to the N.H.S.

**1.5** With over 10% of the N.H.S. budget currently spent on medical complications resulting from Diabetes and the huge growth of this condition in the population, the work of the company is strongly supported by the Department of Health.

**1.6** Currently the company, managed by four unpaid trustees, employs three people, plus two part-time staff to cover catering for training courses. A further two posts are about to be advertised, one clinical and one administration.