



Healthy News

Making it better – Together

Newsletter 2015 | Issue 1

Welcome to the 1st QUARTER

Maree Kerr, General Manager

Welcome to the first edition of our newsletter for 2015. As we approach the 4th quarter of our funding agreements all our programs are well underway and addressing our Key Performance Indicators. Our staff have outlined for you the amazing work they have been doing in promoting disease prevention, good mental health and wellbeing, active lifestyles and nutrition plus listening to the Voices of Children. All this and more is covered so you stay aware of the work we are undertaking to help ensure we have a “Healthy City” and “Healthy People”.

Our strategic plan was completed recently along with a review of our Mission Statement and our Values. This is important process for us to undertake as it underpins what we believe in here at Healthy Cities Illawarra. The work on our Values align more strongly with our top priorities and we have included long term goals and objectives.

Our Mission Statement is:

We promote and support actions

to establish social, economic and physical environments conducive to good health and wellbeing.

Our Values are:

- We aim to develop programs which are conducive to good health and wellbeing;
- We share in the development of public policy to effect change;
- We partner with Government and private organisations to promote health;
- We aim to reduce inequality by building capacity;
- We recognise the special needs of vulnerable populations;
- We aim to foster social connection and inclusion;
- We adhere to the principles of the World Health Organisation.

Our long term goals and objectives are to:

- Maintain a sustainable business model;
- Strengthen our organisation

through developing new contacts and nurturing existing relationships;

- Build the credibility and reputation of the organisation;
- Grow and build community capacity;
- Build effective partnerships with key government, and non-government organisations and the private sector to promote the health and well-being of the local community.

Lastly I would like to thank Jenny Norman for her work and contribution to Healthy Cities Illawarra over the past seven years. Jenny has returned to University to undertake a PhD. We welcome our new employee Kelly Smith. Kelly brings a wealth of knowledge and experience to Healthy Cities, her qualifications include Master of Science (Nutrition & Dietetics UOW), Bachelor of Human Nutrition Uni of Canberra and she has been published in the Journal of Nutrition, Health & Aging.

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Coniston Men's Shed

Men are social creatures. Hard to believe I know, but it is generally true. We men, and I include myself at this point, may not seem to say much but there can be a lot of meaning in just a few words shared. Likewise there can be a lot of meaning in a glance, a nod, or quietly sitting over a refreshing sherbet.

The Building Healthy Men Project recognises that men who don't have the company of other men tend to get a bit fidgety. After all, we are 'men of action' are we not! Because of that a lot of our time and resource goes into our Men's Shed at Coniston.

Men's magazines spend a whole heap of time writing about masculine identity; what is it?, where do we get it from?, is it 'in crisis'?, and

so on. One of the things we know is that identity changes, we live through life's stages. As we change or identity changes, sometimes that transition can be difficult. Likewise, when our circumstances change our identity can take a bit of a beating. When men go into retirement there is a huge change in how they think and feel about themselves and define themselves to others. Most of us prepare, in some way, for retirement, but what about a sudden retrenchment or a debilitating injury or the development of depression? These unplanned events can knock us around in lots of ways.

One of the men at the shed said recently - "I like to take a step back and say, 'I did that.'"

The Building Healthy Men Project is not so much about 'tagging and testing' our various bits. It is more to do with an overall sense of wellbeing; how we feel about ourselves. What we do and who we do it with plays a big part of that. To be able to say 'I did that' speaks volumes about how comfortable we are in our own skin and in the company others. This is what we strive to do though the Building Healthy Men Project. Words like these let us know we are doing it right.

If you would like to know more about the Building Healthy Men Project and how you can partner with us to improve the health and wellbeing of men contact Brian Pember.



Coniston Men's shed participants delivering a completed worm farm to a Public School

Brian Pember
Health Promotion Officer
Men's Health

COMING SOON !

NEW MEN'S COOKING PROGRAM

Healthy Cities Illawarra is pleased to announce that Kelly Smith has been recruited to replace Jenny Norman.

A new men's cooking skills program is currently being developed. This new community based cooking program will be delivered in community or neighbourhood centres. Participants in the program will learn cooking skills and build confidence in their cooking ability.

The aim is to teach community members, in particular men, basic cooking skills to prepare healthy, budget meals within their own homes.

The main objectives are:

- To increase participants' confidence and skills in food preparation and cooking
- To increase participants' knowledge about basic healthy eating messages
- To explore different cooking techniques and different foods
- To enhance participants' social experiences and enjoyment of food by creating a fun and relaxed environment

Each cooking program will run over 5 sessions of 3 hours each and will be starting in the next couple of months.

Kelly Smith, Health Promotion Officer
Community Nutrition



There has been much success with our youth focused tobacco harm and treatment project which has functioned in partnership with Illawarra Shoalhaven

Local Health District (ISLHD)- Health

Promotion Service, Wollongong Youth Services, and CHAIN (Southern Youth and Family Services).

The project which draws upon the latest research, resources, and skills of partners, educates young people on tobacco harm and treatment options. Support to youth organisations in creating smoke-free environments has also been provided.

Healthy Cities Illawarra and ISLHD developed and delivered the project to the following settings:

At CHAIN two round table workshops were conducted to ten youth, in which educational information was delivered through use of multimedia applications and hands on tools such as CO monitor tests.

At Wollongong Youth Service a "Tobacco Harm and Treatment" workshop was delivered to staff to equip the centre with the knowledge, tools and resources to address youth and tobacco related needs. This included providing guidance with developing a smoke-free policy for the centre.

We had an excellent response from the youth at Wollongong Youth Service's Thursday evening drop-in

sessions, where an informal smoking education desk was set up. The youth were casually made aware of the health workers at the drop-in, and if they wanted to chat or find out more about tobacco use they could. We were successful in engaging with up to 100 youth over the two youth drop-in sessions we conducted. The range of youth that were engaged with included non-smokers, casual smokers, current smokers, and the recently quit.

For more information on this project or if you have interest in becoming involved please contact Evan at Healthy Cities Illawarra on Ph. 4283 8111



Evan Gee, Health Promotion Officer
Community Environment

Child Friendly by Design (CFbD)

Nikke Gladwin, Health Promotion Officer Child Friendly by Design

Voices of Children

After the successful engagement of children and families in the improvements to Crew Park and the connection that this process has created, further consultation is being carried out with children and families in Warilla. This will 'check-in' on the improvements to date and collect information to influence a master plan for the open space. Working closely with Shellharbour City Council the plan will document community aspirations which will provide an evidence base for applications for funding to support future improvements. It will also create a work plan to ensure that opportunities for small improvement projects will contribute to a long term vision and create a space that is manageable and has funds allocated to long term maintenance of additional infrastructure. This partnership is another first for the local authority and is a great opportunity to have their ideas included in the plans for Crew Park.

The second phase of consultation will provide a measure of any change in aspiration. The workshops have focused on engaging children from Kindy to Year 6 in the local public school as well as parents, community members and children attending the local preschool, supported playgroups, local uniformed groups and communities for children sessions held in the park space.

Over 160 people have engaged in sessions providing information on their favourite activity to participate in out of school, community safety, play equipment preference and open space design.

Early indication is that parents would like the space to be more family friendly through the provision of play equipment for a wider age range of children and fencing between the park space and busy road. Children would like a giant slide (which goes really fast), things to climb and a flying fox, this is consistent with the first round of consultation with children.



Child Friendly by Design 2528 Project

Over the past three years the 2528 Project has evolved from an afternoon tea with children into a multi-faceted project that supports children and families in the local area. The afternoon tea now forms a platform from which trusting relationships are built, community conversations are held and ideas from children and parents inform training, activity, improvement of space and stakeholder relationships and contribute to development of the sector through the many lessons project staff continue to learn and share.

So as the 2528 Project draws close to the end of its Communities for Children funding, the group have taken a fond look back of the achievements that they have made and are looking at meaningful ways to evolve and use this practice to support the new aims of Communities for Children Shellharbour.

- 0 – 57 in 3 years. Once a place that was unused due to safety concerns, this space has been activated by a stream of activity and is now used regularly by children and families before school, after school and during school holidays.
- Rocks, Poles, Gardens, Trees and Playground Equipment. Once a barren area, community activity has improved the Crew Park space adding all the above features for play, education, community connection and cohesion.
- \$308,000. The total investment for the project and all of its accomplishments.

If you are wondering what will happen to the 2528 Project at Crew Park, we are hoping to gain funding that will support parents and community volunteers to navigate the process to become an incorporated organisation and continue delivering activities for children and families from Crew Park

To do this we are looking to recruit volunteers who have the time, skill and passion for children's services and making a difference in the community.

If this maybe something you would like to be involved in please contact Nikke@healthyillawarra.org.au

Illawarra Play Project

Nikke Gladwin, Health Promotion Officer

During the school holidays children and parents joined in activities to promote the increase of play time outside and the decrease of screen time. The Screen Free Walk was held on the foreshore of Lake Illawarra and utilised the safety of the shared walk and cycle way. The walk not only treated children to the spectacular views of the lake and its inhabitants it also included some of the new features of the Shellharbour Art Trail introduced recently by Shellharbour City Council. The idea behind the activity was to engage families in a walk and a bar-b-que.

The walk finished with a BBQ at the beautiful Boonhera Point Reserve with parent talks and children's workshops on the importance of play.

Children shared stories of some of their favourite outdoor activities from Nature Play WA's '51 things to do before your 12' and expressed an interest in a geocache activity for the next school holidays.



Nikke Gladwin Co-ordinator of this project and Communities for Children activities in Shellharbour was recently interviewed for the Early Years Magazine. She talked about her training as a playworker and her personal thoughts on parenting, play, risk, and screen time.

'My recent work has lead me to investigate just how children's play relates to their psychological and emotional wellbeing in a health related context. In the past I have delivered workshops on the importance of play. I always start with a reflection activity and then look at the social and lifestyle barriers that inhibit children's play. There are so many – and I believe that for my children I am probably the biggest!

That's an interesting statement! What do you mean by that?

Well, I work, so time is limited, I'm tired and really the last thing I want to do is 'set up' this outdoor play for the kids when I get home. Then we have the swimming lessons, the homework, the housework, the washing and the 'oh no you can't possibly play out in the rain, you'll get sick'!

I get carried away in the parent moment!. Then I think that I would really like to slap myself. I remember all those years I sat in a classroom learning all the reasons that children should go out and play – even in the rain. So why am I inhibiting my own child's access to play?

Ultimately, we as parents hold the key to our children's play and so do adults in services.

Over the same decades that children's play has been declining, childhood mental disorders have been increasing. If we love our children and want them to thrive, we must allow more time and opportunity to play' Exerts from The play deficit by Peter Gray 2013

The Play Illawarra web site has been funded by Illawarra Shoalhaven Local Health District (ISLHD) since 2006. With changing priorities this will not continue into the next financial year.

Currently the site has approximately 180,000 hits per quarter (8000 unique visitors) and is a valuable

resource for parents and professional bodies supporting services for children and young people.

That is 8000 individuals looking at various places to play at!

8000 individuals researching the location, amenities, and age group provided for. 8000 + people finding a suitable place to play.

So living in a society of children that are often deprived of outdoor play we really need to identify alternative streams of funding and sponsorship for this community asset so that it can continue

to support family excursions, develop this facility to promote the importance of play and highlight the detriment effects of this dying pastime to children's health and wellbeing.

We are seeking business donation to support us to keep the Play Illawarra web site running and would welcome enquiries of how this can be achieved to Nikke@healthyillawarra.org.au

Read the full article by Peter Gray <http://aeon.co/magazine/culture/children-today-are-suffering-a-severe-deficit-of-play/>

Nikke Gladwin
Health Promotion Officer

HORSLEY'S OUTDOOR KREW (HOK) looking to build on a successful year in 2014!



The Horsley's Outdoor Krew (HOK) is back in 2015 and is looking to build on what was a very successful year in 2014. The program aims to engage children aged 9-12 in the Horsley area in an outdoor activity program every Thursday afternoon during school terms.

The program runs once weekly and utilises the Gerringully Park Horsley, which helps facilitate in connecting the children to their local community, allowing them to forge a healthy, prosperous relationship with a play

space in their local neighbourhood.

In 2015 the program will be ran by project officers Daniel Barrett and Chanel Relf, who both have a strong background in physical activity, nutrition, and leadership. Daniel and Chanel engage the children in planning and participating in activities each week. This process allows children to develop a variety of skills; by allowing them to think independently and to also develop key fundamental movement skills through participation. Information for parents and registration

forms pertaining the program can be found on the Healthy Cities website.

The HOK is a free program and is open to any children aged 9-12 years. If you know of any children looking for something active and fun to do on Thursday afternoons, get them to come try Horsley's Outdoor Krew for an afternoon of activities, fresh food, and fun!

Daniel & Chanel
HOK Project Officers



The 3rd event!

The Second Nowra 5x5 finished in October last year on a high, and the last few months have flown by organizing the THIRD Nowra 5x5, which commenced on the 3rd March 2015.

Last year's event had plenty of prizes being given away including two fantastic main prizes – a ladies' and man's Heart Rate monitor given to a participant who attended every Tuesday over the five weeks.

The main prizes were provided by Architects Edmiston Jones - thank you. The female recipient of the main prize not only walked the 5km every week but she also carried her youngest son on her back whilst pushing her other son in the stroller! Other prizes included aprons and

healthy cookbooks donated by the Heart Foundation.

The current event continued until 31st March just before the clocks changed back. On the first day we saw a great turn out with over 100 participants of all ages and abilities. 50 new people turned up for the event. Some people ran the 5km course, however, the majority walked, but whatever the pace everyone returned to Paringa Park with smiles on their faces.

Thanks again to Shoalhaven Water who donated the water dispenser and collapsible water bottles. The Dragon Boat Club helped us by opening up their facilities for access to water and electricity. Their commitment to helping us out each

event means the difference between the event going ahead or not being run at all.

Shoalhaven Council supported the event once more. Bombaderry IGA donated fresh fruit each Tuesday.

The South Coast Register published articles in the Community section and posters were put around town with support from Ann Sudmalis who very kindly organised a letter box drop to all the town's residents.

Thank you to our wonderful volunteers – Simone, Kim, Valda and Jo Reed.

Sally Fenner, Health Promotion Officer

Harping on...

Health Cities Illawarra in collaboration with the HIV/AIDS and Related Programs Unit (HARP) are offering a FREE one day workshop on sexual health for people working with young people.

'Nuts and Bolts' provides participants with hands on practical skills and information around healthy personal and sexual relationships, self-esteem and responsible decision

making. The workshop is designed for people working in the voluntary, youth and community sector who deal with sexual health issues, or who have a general interest in the area.

The first workshop will be held at

Milton Ulladulla Ex Servos Club
Thursday 23rd April 2015 8.30am - 4.00pm

To register click on the link below:

<https://www.eventbrite.com/e/nuts-bolts-ulladulla-tickets-12925365115>



Nadia Sneyd Miller,
Health Promotion Officer
Sexual Health

3 ways you can make a difference?

1 Become a member of Healthy Cities Illawarra. We have 2 types of membership one for the individual and the other for an organisation.

Membership fees vary from \$11 (gst incl) for a pensioner/ senior and \$22 (gst incl) for an individual. Organisations have a separate pricing scale depending on the type of organisation and staff numbers. Membership costs start from \$44 (gst incl).

2 Make a financial donation. Healthy Cities Illawarra (HCI) is a charitable organisation that promotes community health and wellbeing. Current activities include: Environmental Health, Community Building, Healthy Urban Design, Healthy Ageing, Child Safety. HCI currently **does not** have DGR (Donor Gift Recipient) Status, but is pursuing it.

Healthy People Illawarra (HPI) is a charitable organisation that deals with the prevention of specific diseases. Current priorities include: Community Nutrition, Physical Activity, Sexual Health and HIV/ AIDS Prevention, Tobacco Control and Mental Health and Wellbeing. HPI **does** have DGR Status.

To make a donation goto <http://www.givenow.com.au/healthypeopleillawarra>

3 Provide in-kind support/ donation. Individuals and organisations can provide in-kind support in many forms, for example: building materials for a men's shed project, waivering of venue hire fees for workshops, supply trees/ plants or art supplies for our CFbD 2528 Project, provide food for our Stir it up! volunteers to run a healthy eating activity in the community.

For more information please call us on 02 4283 8111 or email admin@healthyillawarra.org.au

HCI is a community-based, non-profit organisation that is a part of a worldwide movement initiated by the World Health Organisation. We are committed to continued improvement of the health, environment and quality of life of the Illawarra and Shoalhaven community.

Your support helps us create a network of people and organisations who share these common goals.

For weekly updates *JOIN US* on *SOCIAL E-MEDIA*



http://www.twitter.com/healthy_cities



<http://www.facebook.com/healthycitiesillawarra>



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