



# Healthy News

Making it better – Together

Newsletter April 2013 | Issue 1

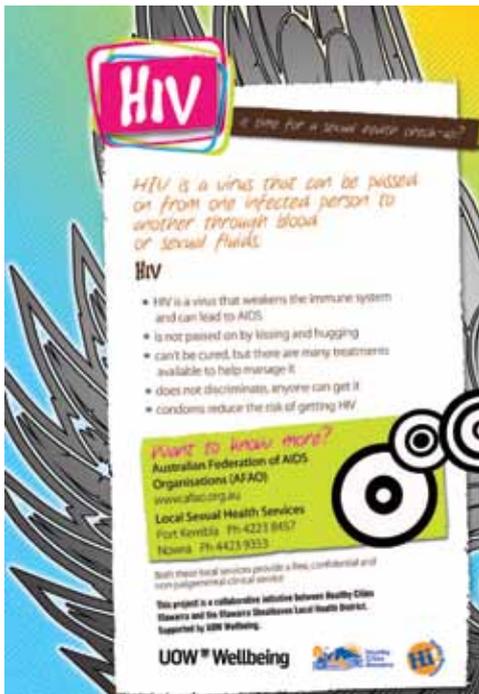
## 'Hi'is *CATCHING ON!*

Since the launch of 'Hi'late last year a number of businesses/organisations have come on board to support the initiative for a healthier Illawarra. These include [Wilson's Bike Hub](#) (Dapto and Warrawong), who will place a 'Hi' sticker on every bike sold, and the University of Wollongong Wellbeing Service has placed the 'Hi'branding device on promotional material.

Hi – Healthy illawarra®. Its purpose is to create a brand that can unify health promoting activities and organisations across the Illawarra as well as articulate the outcome that we are all working towards.

If you would like to come and join us in promoting a healthier Illawarra please place the enclosed 'Hi' stickers on your car, lunch boxes or even shop fronts, however if you would like to come on board as a business, contact our office on 02 4226 5000.

To view our 'Hi'television commercial goto <http://youtu.be/Ml8eoOL9Pgo>, which recently aired on TV.



Alison Healthy Cities Illawarra and Issac Wilson's Bike Hub Dapto

# Stir it up! Latest News

Jenny Norman, Community Programs Coordinator

*Stir it up!* in the Northern Illawarra is ready to begin its 5<sup>th</sup> round of *Stir it up!* training at the beginning of May. Twelve community volunteers will be undertaking the 8 week training run by TAFE Outreach which will equip them to become healthy eating peer-educators. They will then join our existing 35 volunteer peer-educators busily passing on their food knowledge, cooking skills and passion for healthy eating in their communities.

Recent activities have included cooking demonstrations and healthy eating activities at preschools, playgroups, local primary and high schools, community centres and organizations, the University of Wollongong and Shellharbour Relay for Life. Thank you to all our fabulous volunteers for their wonderful efforts!

Plans to expand *Stir it up!* in the Shoalhaven are progressing. We are delighted to be working in partnership with Cullunghutti Aboriginal Child and Family Centre with the initial roll out of in the Shoalhaven area being aimed at members of the community who identify as Aboriginal or Torres Strait Islander. We would love to hear from anyone who would like to be involved in *Stir it up!* Shoalhaven.

*Stir it up!* is coordinated by Healthy Cities Illawarra in partnership with Illawarra Shoalhaven Local Health District (ISLHD) Health Promotion Department with current project funding for the Northern Illawarra from the Australian Government's Healthy Communities Initiative auspiced through Wollongong City Council.

For more information about *Stir it up!* please call Jenny 4226 5000 or Robyn 4221 6777.



New *Stir it up!* Peer-educators with *Stir it up!* Project Team and Kate Mulligan ISLHD



New *Stir it up!* Mentors with *Stir it up!* and Project Team and Kathy Finigan and Jill Wortley TAFE NSW - Illawarra Institute

## Launch of the revised Australian Dietary Guidelines

The revised Australian Dietary Guidelines were launched by the Australian Government in February.

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs

- Enjoy a wide variety of nutritious foods from the Five Food Groups every day and drink plenty of water
- Limit intake of foods containing saturated fat, added salt, added sugars and alcohol
- Encourage, support and promote breastfeeding
- Care for your food; prepare and store it safely

For more information and advice about the amount and kinds of foods we need to eat for health and wellbeing visit: <https://www.eatforhealth.gov.au>

# Shoalhaven Kitchen Garden Project - “Budding Chefs”

Heidi Hutton, Shoalhaven Coordinator

It's exciting and rewarding to see the faces of our “Budding Chefs” when they talk about a meal they have just prepared for their families. It's equally exciting when they tell you they have used ingredients in a meal that has come from their own garden.



The “Budding Chefs” program began in July 2012 and since then a range of students and their families from Sanctuary Point and Huskisson Public Schools have developed skills and knowledge about healthy eating.

From growing and harvesting produce in sustainable ways to producing a nutritious meal, students

are enjoying the opportunity to engage with food! One of the great benefits of the program is that students involved in the cooking classes take home enough ingredients to then prepare the meal they had cooked earlier in the day for their families. This not only reinforces their learning but also puts them in the role of “teacher”, where they then share their knowledge with family members.

Family members have been impressed with their children's willingness to try new foods, eat more whole foods and have reported improvements in confidence and development of leadership skills.

Students in the gardening program have been busy preparing the garden beds, planting and caring for plants and learning about composting.

They have also displayed great creativity in making a scarecrow for the garden and in producing “egg heads” made from hollowed out eggs planted with sprouts. With

careful watering and attention it wasn't long before the eggs sported a mass of green hair which could then be cut and eaten!



To date, approximately 250 students have been engaged in the program. The program will continue at Falls Creek and Vincentia Public Schools in Term 2 through until the end of the year.

The “Budding Chefs” program is a joint initiative of Healthy People Illawarra and the Shoalhaven Local Health District and is funded by the Department of Family and Community Services, Community Builders Grant.



Scarecrow making for the garden beds at Sanctuary Point Public School

# 2013 “Keeping Kids Safe from Injury Training Workshop”

## *A Success!*

Katherine van Weerdenburg, Children’s Health Programs Coordinator



Driveway Safety Display, Wollongong Training Workshop



Participants, Nowra Training Workshop

It is a little known fact that more Australia children die as a result of “preventable” non-intentional injuries than from any other cause, including cancer, respiratory, neurological or infectious diseases combined. Injuries are the leading cause of death and hospitalization for children aged 1-14 years across Australia.

Since 2008, Healthy Cities Illawarra (HCI) has run regular “Keeping Kids Safe from Injury” conferences and workshops. These events have provided an opportunity for child and family service providers from across the Illawarra and Shoalhaven to gather and learn about effective ways to help parents, carers and the broader community prevent these injuries and deaths from happening.

In line with the available evidence, our aim is to build the knowledge base, confidence and capacity of service providers to integrate child injury prevention messages and activities into their everyday work with families, parents and carers.

For 2013, HCI teamed up with Kidsafe NSW to present two 5 hour training workshops in Nowra (14 March) and Wollongong (21 March) which resulted in over 80 service providers completing the training on child injury prevention and ways to creatively share this knowledge with parents and carers.

You can view videoclips from the workshops on the HCI website (<http://www.healthyllawarra.org.au>) and Facebook page (<http://www.facebook.com/healthycitiesillawarra>).

The workshop program included a session on Aboriginal child safety, since national data has shown significantly higher rates of injury amongst Aboriginal children, compared to non-Aboriginal children. Another focus of the workshop was updates and ideas on promoting child road safety including child restraints and driveway safety, since these are two of the main causes of death and serious injury in young children.

HCI Project Officer, Katherine van

Weerdenburg said “The workshops represented an important opportunity to spread the word on what works when it comes to child injury prevention. Participants received a multitude of useful information and resources they can use to share their knowledge of child safety with parents and carers, which can, in turn, potentially save children’s lives”, she said.

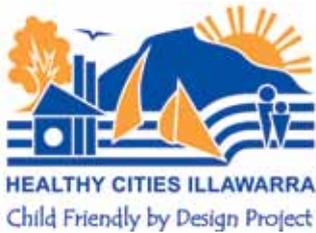
HCI acknowledges Kidsafe NSW for their long term support of our efforts to promote child injury prevention in the region over the past 20 years. We also acknowledge the funding received from the Illawarra Aboriginal Child Youth and Family Strategy (ACYFS), NSW Family and Community Services, which made



# Child Friendly by Design (CFbD)

Nikke Gladwin, Child Friendly by Design & 2528 Project Coordinator

## CFbD Update!



CFbD has come a long way since the idea of including Children and Young People's ideas and aspirations in the design of communities was born in 2007.

The Child Friendly by Design Resource Toolkit documented 2 projects in the Illawarra that concentrated on including children's ideas for the development of two areas of Shellharbour.

The Knoll at Shell Cove will begin as part of Stage 6 of the Australand development later this year, and outside of this development the Toolkit continues to support organisations country wide to create great spaces for children and young people.

## Where to from here?



The CFbD Team, is committed to rolling out the consultancy aspect of the project. The release of the Executive Summary and Future Plans Document, the CFbD Consultancy Services Information Flyer and the newly registered CFbD trademark have all been featured in the up and coming Child Friendly by Design facebook page which will be launched officially later this month.

The launch of the CFbD Facebook page will invite people to 'like' and 'share' the site in order to win a FREE CFbD Consultation session at Healthy Cities Illawarra Head Office (Conditions apply)

CFbD is currently working on Part 3 of the CFbD Resource Toolkit – A Place for ME! Connecting People, Places and Communities. This element will include variants of the CFbD process and how the different aspects are working in different communities.

If you have a CFbD story to share and would like this included in a 'Place for ME!' please contact Nikke on 02 4226 5000.

This approach encompasses asset based community development and place based community strengthening approaches to achieve connected communities and great places for children and families.

## CFbD in the Community

Applying the strategies of Child Friendly by Design, remains at the very centre of the work that we do. Not only does this ensure we maintain a local focus on grass root projects it ensures that we are forever evaluating the process and including our lessons in workshops for others.

The CFbD 2528 Project is a community project that started a little over a year ago in the Shellharbour LGA.

Funding from the Australian Government, through the Communities for Children Family Support Programme supports Healthy Cities in the delivery of a community, place based project that concentrates on engaging children and families in positive activity to support their wellbeing.

The project offers opportunities for community capacity building and newly learnt skills. The camaraderie built through the project are all being put into action and utilised to support place making activities with the long term goal of beautifying a recreational space at the very heart of the community.

A year ago **Crew Park** in Warilla was a deserted space that local people felt was unsafe to visit. High levels of vandalism, graffiti and misuse, left families feeling uneasy to use or even travel through this green space. Initial consultation provided some very grim ideas for the space, with some even suggesting that the park be turned into a giant car park to ease school traffic congestion.

A year on we are pleased to say the once unknown littered space now has a bin, a park sign and garden beds. We have *394 individual children* who reside in the immediate area attend the park activities on a regular basis. The project has bought together over *70 volunteers and stakeholders* and engaged with *4 schools*.

Activities have included Art Projects and Exhibitions, sports taster sessions and camps, play and road safety activities, community get togethers, BBQ's and afternoon teas have all been valuable tools in the creation of a place that inspires the community to be proactive in defending and improving a space that connects them with their wider community.

The space is used and loved, local people share a sense of ownership and as such take pride in looking after the space and using it. These aspects are only the beginning of how this approach can support the long term improvement of spaces for children, young people and families.

# O-Week at UOW

Nadia SneydMiller, Health Promotion Officer (Sexual Health)

Healthy Cities Illawarra in partnership with the ISLHD HARP Health Promotion team once again this year joined in O-Week festivities on Thursday 28<sup>th</sup> of February at the University of Wollongong (UOW) to promote sexual health awareness to new students. Being located on campus allows the team to work with key partners within the university to develop a supportive environment for students – particularly those making the transition from secondary to tertiary education. O-Week provides a valuable setting for health promoters - amongst corporations, clubs and societies, and other services targeting young people - to ensure a positive approach to sex, sexuality and sexual health is firmly on the agenda for young people.

O-Week is the first of a number of activities planned by Healthy Cities and the ISLHD HP team on campus this year. Planning is underway with important partners in the UOW Well-being Centre to coordinate Chlamydia awareness-raising and onsite screening for students as part of a multi-agency “Keeping your Health in Check” campaign. Along with this, a multi-faceted Social Marketing Project is continuing with the Centre for Health Initiatives at UOW promoting Chlamydia screening activities, with the next stage being a formal evaluation of the HARP HP Team’s CaddyShack Chlamydia screening Program. For more information about this program please contact Marty - [Marty.Janssen@sesiahs.health.nsw.gov.au](mailto:Marty.Janssen@sesiahs.health.nsw.gov.au)

For more information about your sexual health you can call the Sexual Health Info line on 1800 451 624, make an appointment for screening at a GP, or visit one of the free sexual health clinics Warrawong ph 4223 8457 or Nowra ph 4423 9353.



Marty Janssen (sexual health promotion officer) HARP Unit (left)  
Nadia Sneyd-Miller (sexual health promotion officer) Healthy Cities Illawarra

## What is Chlamydia?

- Chlamydia trachomatis is the most common bacterial sexually transmitted infection in our community. It affects both women and men, including men who have sex with men. In women it causes an infection of the cervix and in men it infects the urethra. Less commonly Chlamydia can infect the anus and can also cause conjunctivitis. (inflammation of the eye).
- Chlamydia is most often transmitted by vaginal or anal sex. Condoms prevent its transmission.
- Very effective treatment is available with antibiotics such as azithromycin or doxycycline. However, if complications of Chlamydia such as PID or testicular infection are suspected, a longer course of treatment is given.
- The symptoms will usually start to ease over a few days after treatment. If you are still experiencing problems after a week you should see your doctor again.
- Make sure that your current sexual partner(s) are tested and treated. Practising safe sex by always using a new condom for both anal and vaginal sex is the best way to prevent further infections.

The above information was sourced from <http://letthemknow.org.au/>

# Men's Health Latest News

Brian Pember, Men's Health Coordinator

The men from Coniston Men's Shed had a day out to Taronga Zoo; two days actually as some went by train on Friday and others by bus on the following Wednesday. It was a great opportunity for us to get to know one another away from the shed. Out of the ordinary experience gives us the opportunity to discover new things about the world we live in, our friends and even ourselves.

Everyone said it was great to see the animals at the zoo and to just hang out with each other. The weather was great on both days.

As well as the zoo there was the trip. The train and ferry trip gave the men the opportunity to see the city from a different perspective, especially from the ferry. On the bus one of the men surprised us all by saying that he had never crossed the Harbour Bridge before. That was an unexpected first that we all had the chance to celebrate in.

The bus group broke up into three groups to check out the zoo. This was done on the basis of mobility and speed. It was good to see that the men showed concern and understanding for each other in such a practical way. They all met up again to have lunch together and then spilt up again for the last hour or so before meeting again to go back to the bus.

Those who went all said that they had a great day.



Agostinho and the men who went by train and ferry



Bob and some of his friends



## FOR SALE!

Two church doors – Australia hardwood. These doors are nearly 100 years old, have some wear and a couple of loose pieces of trim, but are complete. The inside of the doors are in good nick. The outside have seen a lifetime of sun and weather but are still solid. We have not done anything to the natural patina. There is some hardware (slide bolts, handles) still on the doors. \$200 the pair. For more details call Brian on 0425 382 568.

## FOR SALE!

3 Adirondack Chairs – all made from Australian hardwood. Two are natural wood treated with outdoor furniture oil, one is painted green. \$250 each or \$675 the lot. For more details call Brian on 0425 382 568.



# Social Media Links

FOR REGULAR UPDATES JOIN US ON SOCIAL MEDIA



[http://www.twitter.com/healthy\\_cities](http://www.twitter.com/healthy_cities)



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



<https://www.youtube.com/healthyillawarra>



<https://plus.google.com/communities/110550615143730739065>



To donate click the above link or goto <http://www.givenow.com.au/healthypeopleillawarra> Donations to Healthy People Illawarra maybe tax deductible.

## Healthy Links

<http://www.healthyillawarra.org.au/>

*Bilingual General Practitioners in the Illawarra ad Shoalhaven regions*

<http://www.wollongong.nsw.gov.au/services/community/directories/Documents/>

*Illawarra Shoalhaven Local Health District - Information & Directories*

<http://www.islhd.health.nsw.gov.au/>

### Childrens Health

<http://www.playillawarra.org.au/>

<https://www.kidsafensw.org>

<https://www.chw.edu.au/poisons>

<https://www.royallifesaving.com.au>

### Child Friendly by Design

[http://www.healthyillawarra.org.au/healthycities/index.php?option=com\\_content&view=article&id=71&Itemid=80](http://www.healthyillawarra.org.au/healthycities/index.php?option=com_content&view=article&id=71&Itemid=80)

<http://rethinkingchildhood.com/>

<http://www.playaustralia.org.au/>

<http://kids.nsw.gov.au/kids/advocacyresearch/>

### Nutrition

[http://www.healthyillawarra.org.au/healthypeople/index.php?option=com\\_content&view=article&id=47&Itemid=54](http://www.healthyillawarra.org.au/healthypeople/index.php?option=com_content&view=article&id=47&Itemid=54)

<http://healthykids.nsw.gov.au/>

<http://www.foodstandards.gov.au/>

<http://www.lovefoodhatewaste.nsw.gov.au/>

<http://www.nutritionaustralia.org/>

