



Healthy News

Making it better – Together

Newsletter October 2015 | Issue 2

Welcome to the August Newsletter

Maree Kerr, General Manager

Over the past months plenty has been happening here at Healthy Cities Illawarra. We continue to provide vital programs for the community in collaboration with our funding partners and other stakeholders that play a pivotal role in an advisory capacity, helping to deliver our programs or as a conduit for establishing new relationships.

On the following pages our health promotion officers have shared with you what they have been working on, so please take the time to read through this.

A new partnership was formed recently with Chodat Fitness. Chodat Fitness is a team of determined trainers that are exceptionally skilled and qualified, Chodat Fitness is a trusted provider of fitness classes, boot camps, programs and training sessions, designed to improve the lifestyle of all participants. They recognise that bettering your wellbeing first comes with setting goals and working towards achieving them. Our partnership with Chodat Fitness allows Healthy Cities Illawarra and Healthy People Illawarra to offer



more comprehensive programs that will help to achieve better health and wellbeing. As an example our new community nutrition program Cook, Chill, Chat, will not only offer fantastic cooking skills but we have the option of providing a 30 minute gentle physical activity conducted by Chodat Fitness trainers.

We recognise that not everyone is at peak physical fitness so we ask each cooking group what they would like to participate in. It may

be that the participants decide from activities such as a walking group, or complete gentle stretching exercises, which will be conducted by a highly experienced fitness trainer. Taking a holistic approach by combining nutrition education and physical activity benefits individuals and hence the community. Healthy People create healthy Cities

The Lord Mayor Councillor Gordon Bradbery has invited Healthy Cities Illawarra to be part of the BlueScope Community Consultative Committee. As General Manager I have accepted the invitation. The purpose of the Community Consultative Committee is to provide a forum for open discussion between representatives of BlueScope, the community and other stakeholders in relation to the environmental management and performance of operations at the Port Kembla Steelworks. This aligns with Healthy Cities Illawarra environmental focus.

As we move forward we will continue to deliver necessary high quality programs, look for innovative new projects whilst fostering existing and new partnerships.

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A Message from HCI President

David Fildes, President Healthy Cities Illawarra

Let me take you on a journey back in time. Back to 1987, some 28 years ago. In 1987 Australia made its first mobile phone call. For a mere \$4250 you could pick up a piece of communications technology that would barely fit into your car let alone your back pocket! The Wollongong Council Chambers and Library had just been opened. Michael Jackson released his top selling album 'Bad' (on vinyl!) and Kylie Minogue's 'Locomotion' spent seven weeks at number one in the Australian singles charts. Bob Hawke was in power and the Simpsons cartoon was first screened on TV. But what you may not know is that 1987 also saw the birth of Healthy Cities Illawarra (HCI).

In 1986 the Healthy Cities movement was started by the World Health Organisation (WHO) in response to the need to approach public health in a more community-centred way. This approach recognises that underlying

social, economic and environmental conditions are all critical to the ability of people to experience optimal health.

The WHO has supported the development of Healthy Cities around the globe through its six regional offices. The movement has grown rapidly since it was launched and there are currently thousands of towns and cities actively involved in Europe, the Americas, the Middle East and throughout the Asia / Pacific region. In 1987, the Commonwealth government funded three pilot Healthy Cities programs, one in Canberra, another in Noarlunga (SA) and ourselves here in the Illawarra. This area was selected because of the urban-rural population mix, its heavy industrial base at Port Kembla, its multicultural population, high unemployment rate and low average income.

Well, quite proudly, we are still here

operating out of our office spaces in Fairy Meadow and Nowra. We operate throughout the local government areas of Wollongong, Shellharbour, Kiama and Shoalhaven and over these past 28 years we have really made a difference to the lives of thousands of locals. But, we need your support. The funding we receive from NSW Health will discontinue in June next year as the state government moves to a contestable funding model. This means that HCI must look at new and innovative ways to keep our organisation alive into the future for hopefully another 28 years. The back page of this newsletter highlights three ways in which you can help out. I urge you to have a think about an Illawarra without a HCI to 'go into bat' for the community and then donate some money to this very worthwhile local cause.

Coniston Men's Shed

The Building Healthy Men Project arranged for Australian Hearing to come and offer hearing tests to all the men who participate in the Coniston Men's Shed. All the men took up the offer. This was the second time we have run this activity which means that we can now compare each man's hearing against last year's results.

On the fun side of things, the men at the Shed were asked to design



and make some lemon boxes for Wollongong Council's 'When Life Gives You Lemons' ¹ project. The boxes turned out looking so good that

we have had people asking can they buy them and how much!

Again at the invitation of Wollongong Council, the men from the Shed took part in some art workshops in preparation for Viva la Gong². Lead by the fantastic community artist, Mai Nguyen-Long and Kiosha our power tool-wielding men showed their artistic side by creating papier mâché top hats.



With changes to Federal funding we have begun looking at the future of the Building Healthy Men Project and the Coniston

Men's Shed. We have a good understanding of what men want (and what they don't want) and we are now looking at ways to make that happen in a sustainable way. Our previous funding finished on 30 June 2015 and we are currently exploring other options and opportunities that will allow us to continue to run this successful and valuable program.

If you would like more information about the Building Healthy Men Project, or can assist in any way in helping us create the sustainable future for this program that we would like please call Brian Pember, project coordinator 4283 8111.

¹ <http://www.whenlifegivesyoulemons.org.au/>

² Viva la Gong - November 14th 2015

Brian Pember, Health Promotion Officer
Men's Health

Cook Chill Chat



Cook Chill Chat is here!!

In response to community conversations, we are excited to launch the new Cook Chill Chat program which has been funded for the next 2 years.



Cook Chill Chat partners with community organisations, training their staff in good nutrition and how to facilitate cooking programs. Together we then run six week cooking programs that gets our most vulnerable community members into the kitchen to learn a thing or two while having fun and sharing a meal together. After the 6 week program, community members are supported to keep meeting together and form their own cooking groups, continuing to learn from each other and keeping the conversations going!



Contact Kelly for more information.

Kelly Smith,
Health Promotion Officer
Community Programs

HORSLEY'S OUTDOOR KREW

As we enter the second half of the school year, the fun and games are in full swing in Gerringully Park, Horsley. Every Thursday afternoon, the Horsley Outdoor Krew meet to learn about healthy lifestyles, develop their decision making and critical thinking skills, along with being physically active.

The program would not be possible without the generosity of Dapto leagues club, and a second successive ClubGRANT application. Healthy Cities Illawarra is currently awaiting the outcome of the current ClubGRANT application to see if the Horsley Outdoor Krew (HOK) will continue in 2016 and beyond. The HOK program which connects with children aged 9-12 in the West Dapto area, is currently scheduled to run until the end of Term 4, 2015.

Healthy Cities Illawarra gratefully acknowledges and thanks the Dapto Leagues club for their generous contributions to the ongoing success of the program.

In September of last year, the HOK program was formally evaluated by an external entity to measure the impacts and outcomes of the program throughout a 12 month period. The report identified many positive impacts the HOK program has had on participants in the community, with one of the most notable being that after being exposed to the program, children had a much greater appreciation of the value of active lifestyle choices, including spending more leisure time outdoors.

We believe that the program has an important role to play in the local

community, as it differs from after school care programs. HOK focuses on active recreation, independent decision making skills, and social and emotional development. All of which are essential skills for children when making the transition from childhood to young adulthood.



Daniel & Maddison
HOK Facilitators

Smoke Free Illawarra



During the weeks of June, our new recruit, Tina Hunt, accompanied Tara Lawson from NSW Health to help inform the public and relevant businesses about the new Smoke Free Outdoor Dining Laws that have come into effect as of the 6th July.

The new laws mean that the people of NSW will no longer be able to smoke in commercial outdoor dining areas or within 4 metres from a pedestrian entry or exit of a hospitality venue.

Smoking bans in these outdoor public areas have been brought about to help people in a number of ways.

There is no safe level of exposure to second-hand smoke and these bans will help individuals to limit or avoid inhaling second hand smoke. The new laws will also help reduce the endangerment to children that smoking poses by reducing their exposure to the toxic chemicals that are emitted but also by de-normalising smoking. Limiting outdoor smoking areas will also create a more supportive environment for those who have quit smoking as many ex-smokers state that smelling cigarette smoke is enough to make them want to smoke again.



Tina Hunt & Volunteer

Both individuals and businesses could be fined for breaching the laws. On the spot fines of \$300 for individuals, \$550 for a business that does not display 'no smoking' signs in outdoor dining areas and \$5500 for a business owner if a customer is found to be smoking in the outdoor area.

However it is very important that the transition to smoke free outdoor dining is as smooth as possible. Letters explaining the laws have been sent to all the relevant businesses across NSW.



Tara Lawson & Volunteer

The aim is for people to be enthusiastic about the change and this is why NSW Health and Healthy Cities Illawarra were hitting the streets (and the media) to inform as many people as possible!



Andy Mark(Heart Foundation) & Tina Hunt

Tina Hunt, Health Promotion Officer Community Environment



Stir it up! Latest News

Stir it up! partners with TAFE to train community members to go out into their local communities to promote healthy eating through talks, displays, cooking demonstrations and cooking groups.

Stir it up! is commencing its next round of training in the Shoalhaven in collaboration with the South Coast Aboriginal Medical Service and TAFE Illawarra Aboriginal Education Unit. The participants will receive a Certificate II in Skills for Work and Training after completing the 15 week course.

Meantime, our existing volunteers have been busy bees running healthy eating activities at play groups, multicultural services and after school activities, to name a few. Stir it up! is coordinated by Illawarra Local Health District Health Promotion Service in partnership with Healthy Cities Illawarra.

Kelly Smith,
Health Promotion Officer
Community Programs

Child Friendly by Design (CFbD)

Nikke Gladwin, Health Promotion Officer Child Friendly by Design

Voices of Children

The month of June took Child Friendly by Design on a new journey to Tasmania. Having met Sally Taylor of Clarence City Council at the COTA Universal Design Conference Nikke was asked to lead on the community consultation for the design of Clarence Cities first all abilities playground.

The Bellerive Beach Park Consultation Project was carried out to gain an understanding of the range of users of the current playground facilities, and their aspirations for the renewal and development of the area.

The consultation engaged children and families living close to Bellerive Beach Park to contribute to the design process, ensuring that the new play space would support families with children with a disability, include infrastructure to support visits to the beautiful foreshore location, facilitate children to engage in a wide range of play, contribute to adopting a theme for design and inclusion of playable art.

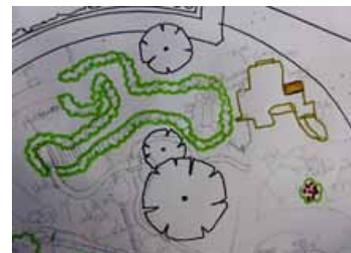


To gain an understanding of children's aspirations for the space, Nikke visited a number of local schools, childcare centres and play groups. At the schools forums that included representation from every school year were held. Children considered their favourite activities outside of school, spaces that they had previously visited that inspired their play, the aspects of current provision that they liked and disliked and then used their discussion outcomes to inform their own design of the area.

A coffee morning for parents of children with disabilities was held and observations of play at a school for children with special needs and disabilities all helped to inform a report that made recommendation for design.

The new playground will be a very exciting addition to play for the children of Clarence and the surrounding areas. Set in such a prime location the space will offer inclusive play filled with natural elements, creating a point of difference to promote tourism and community cohesion the new space will cater for children's desire to access bigger, faster, higher play structures – a much needed inclusion in a society where children post 9 years lead increasingly sedentary lifestyles due to many playgrounds failing to attract them to play outside.

One Alderman from Clarence City Council (who is a strong advocate of good playground design) described the process and design as "Gold Class" and commended officers at Clarence City Council on using the Child Friendly by Design approach.



Illawarra Play Day

The Play Day Project ended its first year of funding with a bang. Play days delivered all over the Illawarra bought children and families out into the sunshine.

The days were coordinated to promote the importance of outdoor play in an attempt to reduce sedentary lifestyles and a higher than recommended level of screen time for children.

Children enjoyed screen free walks, barbecues, geocaching, cubby building, problem solving activities, healthy eating activities, and fun days with lots of cardboard boxes to get creative with. Parents attended information sessions and community conversations to find out why it is so important to get their children outside and playing.



Child Friendly by Design (CFbD) 2528

Nikke Gladwin, Health Promotion Officer Child Friendly by Design

With changes in the funding landscape, Healthy Cities Illawarra have been granted funding from Communities for Children Shellharbour to continue with the delivery of the 2528 Project at Crew Park until December 2015. The grant will support the project to continue its delivery of positive play activities, parent workshops, children's leadership and community regeneration at Crew Park.

In addition to this project coordinator Nikke Gladwin will also support the group of community volunteers to work towards registering as an incorporated organisation to continue the 2528 activities once funding has ceased.

This is an amazing opportunity for the community to take on the responsibility of this successful program ensuring that services are sustained outside of government funding, of course this comes with its own hardships but the committed group of community members and stakeholder groups are already working on their constitution to register as a company and looking to recruit like-minded community members, parents, grandparents and young people who have an interest in ensuring that the 2528 Project continues.

Already registered as 2528 at Crew Park, this new organisation will be able to secure funds of its own, organise activities that meet the interests of local people and continue to connect the community to this already improved community space.

Alongside supporting the members of 2528 at Crew Park, funds have been granted to evaluate the program in order that the good practice can be duplicated in other areas, if and when funds become available.

What we really need at this time is volunteer support, we need community members with an interest in their community, local knowledge, a passion to ensure that children in the area have access to positive activity even people with experience in accounting, family support, health, play to come forward and join the group to form a strong management team to ensure that this transition stage is effective.

People with a passion and interest for building a stronger community for children and families should definitely get in touch if they would like to volunteer on the Collective management Team for this new and innovative organisation. An expression of interest can be emailed to me at nikke@healthyillawarra.



Shoalhaven

The Nowra 5x5 has been held again in March. We continue to have a great turn out despite the weather not being on our side for week 4. We trialled having the Nowra 5x5 twice a year at the beginning and end of daylight saving. From your feedback and comments October is much harder to attend due to the amount of children's school activities, sporting events and the proximity to Christmas. So we have taken this on-board and will hold the Nowra 5x5 every March. Keep an eye out for our new promotional banners that will be placed around Nowra and surrounding towns. Plus you can stay in touch by liking our Facebook page.



The Shoalhaven Food Security Committee discuss issues around food security. The meetings are well attended and have identified some key areas that will be addressed. Food waste is a focus that includes social inequity and health promotion and advocacy.

The Healthy Families in the Shoalhaven Network continue to be active and meet regularly. Current projects include the healthy Food Basket, The Healthy Town Challenge (Bomaderry) and working alongside the anti-poverty group in East Nowra.

Sally Fenner, Health Promotion Officer

Harping on...

Hepatitis Awareness Week provides a wonderful opportunity for communities to come together and take action to combat both hepatitis B and C. Through a community grant received from Hepatitis NSW Healthy Cities Illawarra together with Multicultural Communities Council of Illawarra (MCCI) and Illawarra Shoalhaven Local Health District held a 'B Food Wise' community event in partnership with the Friendship Garden which took

place at MCCI on the 29th July to inform the public about hepatitis and encourage those living with hepatitis to seek treatment.

Hepatitis B and C can cause serious liver disease if left untreated, including liver cancer, liver cirrhosis and liver failure. Together, these viruses claim more than 1,000 Australian lives each year. People living with hepatitis B or C may have very few symptoms (or none at all) until the liver becomes severely damaged. That's why its essential people who may be at risk of hepatitis B and C take positive action and get tested, and if found positive, speak

to their doctor about regular liver check-ups and treatment. These simple actions can save lives.

For more information on Hepatitis please contact Hepatitis Helpline on 1800 803 990 or visit www.hep.org.au



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, waiving 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.

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