



Healthy News

Making it better – Together

Newsletter Christmas Edition 2013 | Issue 3

A Message from HCI General Manager

Maree Kerr, General Manager

The past few months have been busy and exciting. Healthy Cities Illawarra has continued to fulfil the activities aligned to the funding agreement from NSW Health and ISLHD. In addition we have made in-roads into expanding our brand into the corporate and business sectors while forming a strong partnership with the University of Wollongong's Health Sciences Unit.

Each year Healthy Cities Illawarra and Healthy People Illawarra place students from universities and so there is a direct link to our programs. This collaboration is vital for a number of reasons. Firstly students get hands on experience in the workplace. Depending on their chosen area of expertise they are coupled with one of our Health Promotion Officers and given a project to work on. This may take the form of designing, conducting, researching or evaluating a program. For Healthy Cities it gives us another perspective on the programs we are

running, helps us gather additional evidence that validates the need for the program and allows us to assess the program content and outcomes.

This year alone we have placed students from the University of Wollongong, the University of Western Sydney and have met with and corresponded with a student undertaking their Masters of Population Health from the University of New South Wales.

We have recruited Mr Evan Gee into the role of Health Promotion Officer – Environmental Health. Evan brings his experience and expertise to Healthy Cities Illawarra and can be contacted through our office by phone.

On an International level, I was fortunate enough to travel to South Korea for the conference and steering committee meeting of the Alliance of Healthy Cities Western Pacific Region. There I presented on the topics of "Healthy Ageing" and "Healthy Taskforces". Interest in

our programs came from countries such as Japan, China-Hong Kong, Philippines, Korea and Mongolia.

The World Health Organisation is focusing its agenda on "Health in all Policies", which includes the Social Determinates of Health. This means looking not just within the health sector but involving local councils, communities and businesses. We need to explore the social, economic, and environmental conditions when writing policy.

The 6th Global conference for the Alliance of Healthy Cities to be held in China-Hong Kong next year will be themed around "Health in all Policies".

Our move to new premises went smoothly and we are now located at [6-10 Princes Highway Fairy Meadow](#). Please make sure you take note of all our new contact details located at the bottom of the newsletter.

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A Message from HCI President

David Fildes, President Healthy Cities Illawarra

This has been another busy year for HCI as we continue to deliver targeted community projects on a wide range of health, social and environmental issues.

We have been spreading the news about HCI on an international basis through our attendance at the Healthy Cities Fifth Global Conference which was held in Brisbane in 2012. We also welcomed prestigious guests from Korea and Indonesia to the Illawarra both before and after the conference.

From the perspective of delivering local community projects we have continued our great work in children's health, community safety, environmental health, healthy urban design, community cultural development, healthy ageing, transport, HIV/AIDS prevention and tobacco control.

As an organisation we have continued to explore avenues of how we can successfully diversify our funding sources as NSW Health moves towards a contestable funding model for its NGO Program. It

is very important for the Illawarra to continue to have an organisation like HCI to provide local health promoting initiatives targeted at those that need them most.

So at 25 years of age, we are still going strong. However we are aware of the need to be able to serve the Illawarra community for another 25 years. The General Manager and I have this year met with Mayors, General Managers of Councils and with State and Federal members to ensure they are aware of our activities. As an organization, we have also started to explore how to diversify our funding sources. We are currently investigating ways to develop a consultancy service and a branding device that could unite all health promotion activities in the Illawarra. This strategy will recognise the many organisations that contribute to the promotion of good health locally.

*Healthy Cities Illawarra wishes you a
Merry Christmas and a safe and healthy New Year*

*Our office will be closed from 3pm 24 December and will
re-open 9am 6 January 2014*

*The Coniston Men's Shed will be
closed from 13 December 2013 and
will re-open 6 February 2014*



Stir it up! Latest News

Jenny Norman, Health Promotion Officer Community Programs

At our most recent Stir it up! training workshop, twenty Stir it up! volunteers had the pleasure of hearing renowned nutritionist Catherine Saxelby present. Catherine's presentation was informative and gave some great examples of mindful eating and the dramatic changes in portion sizes over the past 20 years. Nutritionists believe that the increase in portion sizes is a major contributor to obesity. One example Catherine gave was the increase in Juice Portions: the average glass of juice was 200ml (285kJ) and now the smallest juice you can buy from a juice bar is 600ml (855kJ). Monitoring and being aware of portion size is a key tool in healthy eating. For more information and resources about healthy eating visit Catherine's website <http://foodwatch.com.au/>

The Stir it up! Graduation and Celebration was held on Wednesday 27th November on Level 9, Wollongong City Council. Stir it up! volunteers and guests enjoyed the opportunity to gather and celebrate another great year of the Stir it up! project. The key strength to the success of our project is our fabulous volunteers and this is a wonderful opportunity for us to publicly thank them.

Lord Mayor of Wollongong, Councillor Gordon Bradbery, officiated at the event and encouraged the community to lead a healthy lifestyle, not only for their physical health, but for their mental wellbeing as well.

Attendees had the pleasure of hearing from some of the graduating peer-educators and how they had found the Stir it up! experience. This is some of what Heidi had to say:

"I was surprised when I was asked to speak today, I haven't spoken publicly since high school – this is another part of my Stir it up! journey.

Stir it up! has made me realise that I possess skills which, to me, are just tasks I perform every day. When I went for my interview I was asked what skills I had. "I don't really have any," was my answer. My interviewer then went on to point out that my day as a stay-at-home mum is a multitude of skills. "I do have skills!" I thought to myself!.....

I would like to thank Robyn and Jenny (Project Team) and Jill (TAFE teacher) for all their guidance and training. I believe my Stir it up! training has given me so much confidence and self-recognition. "Yes, I am capable!" Good luck to everyone with all your future Stir it up! activities."



Food Fairness Illawarra

Seasonal Eating

Summer is here, and so are all the delicious summer fruits and vegetables. Eating seasonally has so many advantages. Fruit and veggies in season will be in abundance and should be priced accordingly. They are unbeatable in terms of taste, nutritional value and variety. A lot of out of season food has been grown in artificial conditions, picked prematurely and traveled a long way, giving it ample time to deteriorate and lose nutrients.

Summer produce is full of colour. There are the reds and purples of berries, plums and cherries, the orange of mangoes, apricots, paw paw, peaches and nectarines, and the greens of all the salad vegetables and avocados. When you see all this colour, especially the dark reds and purples of the fruits, think antioxidants: the more colourful your plate the more antioxidants you're getting. A diet rich in antioxidants is one way you can help protect yourself against cancer and heart disease and they taste great!

Here is a simple summer snack for the kids and one they can help you make:

Ingredients

2 cups of seasonal fruit (eg mango, strawberries, peaches)

1 cup low fat vanilla yoghurt

Method

Combine fruit and yoghurt in a blender/food processor and process until smooth. Spoon the mixture into icy-pole moulds and freeze until firm. Enjoy!

Shoalhaven Kitchen Garden Project 'Budding Chefs' Album

Sally Fenner, Health Promotion Officer Shoalhaven



**PRODUCE from our
GARDENS!**

Active Living in the Holidays!

Got a Dog? Know someone with a dog? What better way to get outside and active this summer than taking advantage of the Illawarra's dog friendly beaches and parks.

Taking your dog for a play not only keeps your pet happy but provides numerous health benefits to people including increased physical activity levels and social-wellbeing. While your dog gets to play and run with other like-minded four legged pooches, you can also get fit being out amongst the community.

Each local council area in the Illawarra is responsible for the regulation of where and when you can walk your dog. Some beaches and parks may be complete off-leash spaces, whilst others may be restricted to on-leash walking. So for the safety of others and protection of the local environment please check your local council's dog walking spaces and rules.

Some nice sites include:

- East Corrimal Beach, access via Murray Rd.
- Shellharbour, Bass Point Tourist Rd between The Shallows Coastal Reserve and the gravel loader.

Remember to be sun smart, wear a hat and sunglasses, apply sunscreen and take water. **DONT FORGET TO PICK UP AFTER YOUR DOG!**

Evan Gee,
Health Promotion Officer
Community Environment

ClubGRANTS *SUCCESS*

Horsley's Outdoor Krew, somewhere to go, something to do!



Older primary school aged children in the West Dapto area now have a place to go and something fun to do every Thursday afternoon thanks to a brand new activity program designed especially for them.

Horsley's Outdoor Krew is up and running, with a growing number of local children aged 9-12 years getting involved. The free program offers games, sport, art and social activities in the outdoor setting of Gerringulli Park on Homestead Drive, Horsley every Thursday afternoon during school terms.

Healthy Cities Illawarra has established the program in partnership with Illawarra Shoalhaven Local Health District, CareWays Community and funding from Dapto Leagues Club.

Healthy Cities Illawarra Project Officer Kellie Sale said, "The program has a focus on fun, physical activity and healthy eating whilst also promoting positive social interactions and community connections."

"Children of this age are transitioning into their teenage years. It's important to provide them with activities which are age appropriate,

and provide positive role modelling and experiences which support a smooth transition into adolescence."

"Local research conducted by CareWays showed that there was a need for more activities for 9-12 year olds in the local community. This is a unique program where the children will be listened to and will have a big say in designing program activities based on what they want to do and are interested in" she said.

In only six weeks, the numbers of children attending has grown steadily to a group of 12 regulars, but there is capacity for up to 30-40 children to be part of the program every week.

So, please spread the word about Horsleys Outdoor Krew to any families in West Dapto with children aged 9-12 years looking for something fun to do on Thursday afternoons! Children living in surrounding areas outside Horsley are also welcome, if they are able to get there.

More information: Kellie or Luke, Horsley's Outdoor Krew Project Officers on 4283 8111,

visit www.healthyillawarra.org.au and www.facebook.com/healthycitiesillawarra



Katherine van Weerdenburg,
Health Promotion Officer
Children's Health Programs

Child Friendly by Design (CFbD)

Nikke Gladwin, Health Promotion Officer Child Friendly by Design

Child friendly by Design has had a particularly busy Term 4. The weekly after school activities in the park have continued to connect local community members to place and support the changing face of the park space. New partnership working has introduced some innovative programs to the 2528 Project.

Community Cooking Program with the Heart Foundation

This 4 week program has introduced community members to a range of healthy eating sessions.

- healthy stir frying,
- eating healthily on a budget,
- healthy barbequing and
- healthy Christmas snacks

These sessions have provided practical cooking sessions that have supported cooking skills in a fun social environment and challenged people to look at healthy alternatives.

Volunteer Training Program funded by Shellharbour City Council, Communities for Children Shellharbour and Warilla North Public School's Volunteer Training Grant and supported by Access Community Group, NSW Office of Communities, Volunteering Illawarra and Aspect

This training program provided free training



opportunities to community groups throughout the 2528 postcode of Shellharbour. Sessions included

- what it means to be a community volunteer,
- food safety training,
- risk assessment, gardening skills,
- managing different behaviours – an insight into ADHD & Autistic Spectrum Disorders.

17 volunteers participated in the program from 5 different community organisations

Crew Park School Gardening Initiative

Through conversations with Shellharbour City Council parks and gardens team we have held the first session of the Crew Park school gardening activities. To date children and families have taken an active role in keeping the park space a welcoming place to be, supporting the work of the Council team responsible for a number of open spaces in the Warilla area.

The school gardening project has brought together children both from the 2528 Project and from the school to work with the park gardening staff to learn about plants and gardening as well as the importance of creating great community spaces for themselves and other people.

The children attended a one hour workshop where they helped to plant extra plants into the garden bed built by volunteers as part of the National Tree Planting Day Activities.



Sexual Health UPDATE!

Nadia SneydMiller, Health Promotion Officer Sexual Health

First Step Program (FSP) - Celebrating 25 Years of needle exchange in the Illawarra Shoalhaven.

On Thursday 7th November the First Step Program (FSP) celebrated 25 years of needle exchange with a dinner at the Sebel Kiama. It was a great occasion, with nearly 80 guests in attendance. Apart from the many local supporters of the program, consumers, new and old workers, it was honoured with the presence of Gino Vambucca and Kate Dolan. Gino and Kate along with Dr Alex Wodak, being responsible for establishing the first (at the time illegal) needle exchange in 1986.

Gino joined with Michelle Noort, Dr Katherine Brown, Vivienne Cunningham- Smith, Peter Armour, David Reid, in giving a series of short humorous reflections on the work of the service over the years. The shortness of the reflections was much appreciated by all in attendance which left plenty of time for networking and catching up.

The night also presented an opportunity to recognise the work of past and present staff, with each worker receiving an anniversary gift to acknowledge their contributions. Of course in true FSP style this was interspaced during the night with videos and other media presentations showing both the highlights and embarrassing moments of work in the program.

The marking of such a milestone of course relies on support, and it is important to recognise the incredible contributions of Jennifer Farinella (Manager HARP Illawarra), Nadia SneydMiller (Healthy Cities) and David Reid (Director Drug & Alcohol ISLHD) in making it all happen.

First Step Program vital statistics: Annually over 675,000 pieces of equipment are provided, of which over 404,000 are returned. Just under, 20,000 condoms are given out. Over 140 talks/health events are run. Work with consumers involves providing nearly 1600 support interventions and just under 500 referrals to treatment and other services.



The Caddyshack Project is now on **FACEBOOK!**

Like us on Facebook at www.facebook.com/thecaddyshackproject to get loads of fun stuff, Summer Tour updates and competitions.

Check us out at one of our fun events this Summer!

Join in the conversation to promote a positive and healthy experience of sex and sexuality for young people throughout the Illawarra and Shoalhaven.

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). For more information see enclosed member form.

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>



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



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



<http://au.linkedin.com/pub/healthy-cities-illawarra/33/775/2>



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

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