

BREWARRINA SHIRE COUNCIL

Information Report Attachment for Ordinary Meeting held on 28 June 2013

TITLE:	HEALTHY COMMUNITIES REPORT	DOC REF: Item h
---------------	-----------------------------------	---------------------------

REPORT BY:	Louise Johnson Healthy Communities Coordinator (HCC)	DATE: 16 June 2013
-------------------	---	------------------------------

IPR / MANAGEMENT PLAN REFERENCES: Community Strategic Plan (CSP) 2012 – 2022 Theme 3: A Caring Community: C1;3;4;5;6 Theme 4: A Community with Integrated Leadership: L2;4

PURPOSE: To provide an update on the Healthy Communities Program for May and June 2013.
--

Project Aim: A reduction in rates of overweight and obesity and improvements in related health behaviours in high risk groups in Brewarrina.

Project Output # 2: National Program – HEAL <ul style="list-style-type: none">• Delay receiving final equipment – due end June, 2013.• Assistance being sought to finalise requirements to make room operational. Difficulties due to age of equipment.• Excellent feedback received about establishment of room.• High level of support provided by Parks & Gardens Team in establishment of room.• Launch to be held once room completed and operational.• HEAL Programs to commence July, 2013.
--

Project Output # 3: National Program – Heart Foundation Walking <ul style="list-style-type: none">• Primary Care & Community Health keen to re-establish a Walking Group.• Heart Foundation Walking Program to be delivered as a series of Community Walks.• Walking Paths are being developed in consultation with Tourism Manager.• Walking Paths brochure to be developed which will promote Brewarrina to residents and visitors as a place to walk and be active.
--

Heartmoves Program

Background [NEW Reporting Item]:

- Heart Foundation Heartmoves is a gentle physical activity program suitable for anyone who hasn't done any exercise in a while.
- Participants can exercise at their own pace in a friendly atmosphere.
- Heartmoves is open to everyone and is designed to be safe for people with stable long term health conditions such as heart disease, diabetes or obesity.
- Heartmoves is run by accredited exercise professionals specifically trained in managing safe, low to moderate intensity physical activity programs.
- Classes are limited in size to ensure maximum safety for the participants.

Update:

- It is proposed that Heartmoves will be run in the Brewarrina Shire to provide a gentle exercise

option for suitable participants, in particular the projects key target groups.

- Heartmoves will be run in Brewarrina and Weilmoringle – pending interest from locals.
- A program is already running in Goodooga.
- It is planned to launch programs in late July with programs to run for eight (8) weeks, one session per week.
- Programs will be run by a trained leader from Lightning Ridge.
- If suitable, training will be sought for a local leader.

Project Output # 4: Incentive Program for Sport & Recreation Groups

- Bowling for Health Program – Social Bowls being most Saturdays as Competition Bowls allows.
- Brewarrina Multipurpose Service – gym extension – funding secured. Development proposal has been put to Council – remains unapproved. Additional quotes being sourced.
- Brewarrina Golf Club – numerous issues being worked through with Council.

Project Output # 7: Health Promotion Campaign

Community Events Program

- No events during this reporting period.

Brewarrina Healthy Communities Tricycle

- Tricycle has been put together and is operational.
- FREE Fruit Fridays commenced Friday 17/5/2013 with a visit to the Mobile Children's Service Playgroup in the park.
- Keen interest being expressed by organisations keen to be visited.
- Visits to occur once per month – pending final approval from Department of Health & Ageing.
- Tricycle being used as 'work vehicle' by Healthy Communities Coordinator to assist in the promotion of healthy lifestyles in the community. Good level of interest in new 'vehicle'.

Brewarrina Healthy Communities Caravan

- Suitable caravan has been located and inspected.
- Further information being sourced regarding getting caravan roadworthy pending final approval from the department..

Project Mascot

- Consultation continuing regarding the suitability of the project mascot. Thus far, feedback has been positive. Awaiting final feedback before progressing with idea.

Project Output # 8: Health Screening Campaign

- See update for Project Output # 7: Health Promotion Campaign. Health Screening activities will be conducted primarily through the *Community Events Program* and *Brewarrina Healthy Communities Caravan*.

Project Output # 9: Community Kitchen and Foodcents Program

Update:

Community Kitchens

- Upgrade of Community Centre Kitchen has been completed.
- Upgrade of Youth Centre Kitchen currently being completed.

Program Advisors

- Expression of Interest placed in Brewarrina News seeking *Foodcents Advisers* to be trained to deliver the program.
- Good level of interest received from people keen to complete training and facilitate programs.
- Initial interest indicates around eight (8) advisors will be trained in Brewarrina.
- Two (2) local practitioners have indicated they are already trained in the program and are keen to deliver programs in Brewarrina and also Goodooga.
- Both practitioners who are already trained are Dietitians and may be able to provide additional support to community members who are trained in the program.

Programs

- Potential Foodcents Advisors have indicated they wish to run the following programs:

Project Output # 10: Healthy Lifestyle Camps

Update:

- Position Description developed for Casual Project Officer to complete Healthy Lifestyle Camps component of the project.
- Position advertised in Brewarrina News (23/5/2013).
- Two (2) applications received to date. Closing date 21/6/2013.
- Position to be employed for six (6) months, up to three (3) days per week.
- Information received from Griffith regarding successful camps.
- Information being sought from Albury regarding their camps.

Project Output # 12: KickStart Incentives

- Social Tennis commenced. High level of interest from community.
- Men's Space at Home Care Building preparing space for the erection of Pool Table and Dart Board. Space to be completed, opening to be held and promotions / programs to commence.
- Additional interest from Primary Care & Community Health regarding Physical Activity Program for Weilmoringle. Application received – being considered.
- June Long Weekend Rugby League Carnival & Netball Gala Day. Increase in provision of healthy food and drink choices. Excellent community day.

Project Output # 13: Community Activity Programs for Young Adults

Upcoming Healthy Communities activities:

Social Tennis – commenced Sunday 19 May, 2013. [Healthy Communities Activity; Kickstart

Incentive Program]

Boxing & Boxing for Fitness Programs – programs and training courses being planned by the Brewarrina Youth Centre. [Potential Healthy Communities Activity – with Youth Centre]

Basketball – a local basketball competition is being planned to commence in May / June. [Healthy Communities Activity]

Tai Chi – Tai Chi Leaders Training held 1 & 2 June. 10 registrations received; 5 attendees completed program. 3 leaders certified from training. Discussion underway to commence programs. [Healthy Communities Activity]

Brewarrina / Bourke Ladies Soccer – discussions have commenced regarding a ladies soccer competition to be run with Teams from Bre & Bourke. [Potential Healthy Communities Activity]

Touch Football Competition – plans are underway for a local Brewarrina Touch Football / OzTag Competition. At this stage competition organisers are considering a competition for under 6's all the way through to Open's. Proposal to commence September, 2013 – following rugby league and rugby union seasons. [Potential Healthy Communities Activity – Open Division; Partnership with Clontarf Academy]

June Long Weekend Rugby League Carnival & Netball Gala Day – held 8-9 June. [Support being provided; KickStart Incentive Program recipient]

Netball – Support gathering momentum for establishment of mixed netball competition. Challenge will be fitting all desired activities into packed weekly scheduled.

Project Output # 14: Enhancement of Community Facilities

- Proposal submitted to Technical Services regarding the installation of light controls to make it easier for the public and sporting organisations to use Geoff New Ovals and the Town Centre Tennis and Other Courts for sport and recreation activities.
- Commitment to resurface town centre courts – netball and basketball. Suitable company currently being considered. \$60,000 funding available - \$30,000 Healthy Communities Project funding and \$30,000 Community Building Partnerships funding.

Project Output # 15: Chronic Disease Management Training & Workforce Capacity

- Tai Chi Training delivered 1-2 June.
- 10 registrations received; 5 attendees completed program.
- 3 leaders certified from training.
- Discussion underway to commence programs.
- Opportunity for Health Professionals, and members of the community, to be trained in Foodcents Program.
- Good level of interest received from people keen to complete training and facilitate programs.
- Initial interest indicates around eight (8) advisors will be trained in Brewarrina.
- Two (2) local practitioners have indicated they are already trained in the program and are keen to deliver programs in Brewarrina and also Goodooga.
- Both practitioners who are already trained are Dietitians and may be able to provide additional support to community members who are trained in the program.

Project Output # 16: Healthy Communities Strategy

Developing community capacity. Professional support provided to:

- Brewarrina Googars Rugby League Club – running a sporting organisation; conducting sport and recreation events; fundraising; seeking sponsorship; integration of all rugby league teams & personnel in town

<p>Project Output # 17: Program Structures</p> <ul style="list-style-type: none"> • Relevant information on funding and training opportunities etc. distributed through program structures and Email Group (around 100 members).
<p>Additional Activities:</p>
<p>Funding</p> <ul style="list-style-type: none"> • No funding applications currently under consideration.
<p>Current Priorities:</p> <ul style="list-style-type: none"> • Exercise Room • Social Marketing Activities • Community Activity Programs • Community Walks Program • Oral Health Surveys & Consultations
<p>Key Challenges:</p> <ul style="list-style-type: none"> • Myriad of project outputs • Current levels of activity • Community expectation
<p>Media / Publishing:</p> <p>Brewarrina News</p> <ul style="list-style-type: none"> • HEAL Program participants • Recruitment advertisement – Project Officer
<p>Presentations:</p> <ul style="list-style-type: none"> • Nil to report
<p>Meetings:</p> <ul style="list-style-type: none"> • Nil to report <p>Only significant meetings of relevance to Council will be noted in the report.</p>
<p>Correspondence:</p> <ul style="list-style-type: none"> • Summative Report submitted to Department of Health & Ageing (DoHA). <p>Only significant correspondence of relevance to Council will be noted in the report.</p>
<p>Professional Development:</p> <ul style="list-style-type: none"> • Australian Health Promotion Association (AHPA) Conference – two (2) of the key themes – Aboriginal and Torres Strait Islander Health & Local Government.
<p>Leave:</p> <ul style="list-style-type: none"> • Healthy Communities Coordinator – Conference Leave – 17 – 19 June, 2013