

# BREWARRINA SHIRE COUNCIL

## Information Report Attachment for Ordinary Meeting held on 23 May 2014

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| <b>TITLE:</b> | <b>HEALTHY COMMUNITIES REPORT</b> | <b>DOC REF:</b><br>Item n |
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| <b>REPORT BY:</b> | Louise Johnson<br>Healthy Communities Coordinator (HCC) | <b>DATE:</b><br>14 May 2014 |
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| <b>IP&amp;R REFERENCES:</b><br>Theme 3: A Caring Community: C1 Education for All; C3 A Healthy Community; C4 Activities for All; C5 Access for All ; C6 Sustainable Towns and Villages<br>Theme 4: A Community with Integrated Leadership: L2 Integrated Local Leadership; L4 Community Progress. |
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| <b>PURPOSE:</b> To provide an update on the Healthy Communities Program for April and May 2014. |
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| <b>Project Aim:</b> A reduction in rates of overweight and obesity and improvements in related health behaviours in high risk groups in Brewarrina.  |
| <b>End of Program</b>  |
| <b>Final Report</b> <ul style="list-style-type: none"><li>• The Final Report for Brewarrina Healthy Communities was submitted 29/4/2014.</li><li>• Revisions are currently being completed and will be submitted by 16/5/2014.</li><li>• Final report provides budgetary provisions for continuation of program to end June, 2014.</li></ul>   |
| <b>Sustainability of Programs &amp; Activities</b> <ul style="list-style-type: none"><li>• Extensive work has, and will continue to be undertaken to enable programs and activities to continue beyond the 30 June end date.</li><li>• Programs and activities that will continue to be delivered include:<ul style="list-style-type: none"><li>– Heartmoves Program</li><li>– Weight Loss Challenge</li><li>– Community Gardens – Brewarrina, Goodooga, Weilmoringle</li><li>– Mixed Netball Competition</li><li>– OzTag Competition</li><li>– Group Exercise Room</li><li>– Hospital Gym</li><li>– Bowling for Health Program</li><li>– Brewarrina Golf Club activities</li><li>– Gentle Exercise Program</li><li>– Men’s Space – Home Care</li><li>– Aqua Aerobics</li><li>– Developing community capacity – Professional Support</li><li>– Developing community capacity – Funding</li></ul></li></ul> |

- In addition to the programs and activities, the Project will also leave a legacy of improved facilities at which physical activity and nutrition programs can be undertaken. These include:
  - Upgraded Town Centre Courts
  - Group Exercise Room
  - Hospital Gym
  - Improved facilities at the pool – shade; improved pool access

### **Project Output # 2: National Program – HEAL**

#### **Group Exercise Room**

##### Usage Data

- From January – March 2014:
  - 10 Groups have accessed the room
  - 61 Users have accessed the room (37 Male; 24 Female)
  - 95% of Users (n=58) are in at least one of the Project's key target groups
  - The 10 Groups completed 34 sessions per week in total

##### Sustained Participation

- In terms of sustained participation, this has been assessed on users commencing / re-commencing in January-February and still using end March / April.
- Of the 61 Users, 54 (n=89%) indicated sustained participation in this period.

##### Scheduled Activity: May – June, 2014

- Support ongoing utilisation of facility.
- Plan and implement policies and practices for ongoing access, utilisation, maintenance etc. beyond 30 June, 2014.

### **Project Output # 3: Community Walking Strategy**

#### **Walking Groups**

- There continues to be good numbers of people walking in Brewarrina.
- Brewarrina residents seem keen to choose their own walking partners / groups and not participate in formal programs.

#### **Walking Track – Geoff New Ovals**

- Initial work on the Walking Track has been completed and people are utilising the track.
- Observations conducted for an hour each morning and afternoon / evening for one week in January indicated 80 uses of the Walking Track.
- These uses were by 23 individual users.
- The track is being utilised by a local 'Girl Fit' Group which is a group of adults and youth who exercise together twice a week.
- Further informal observations indicate regular usage by participants observed during January observations.
- Works still need to be completed on the amenities for the track, which the users have indicated will be well received.
- Informal consultations have been undertaken during the reporting period with users of the track. These consultations indicate that users would like to see the track finished and amenities added.
- A proposal will be put to the Department regarding works to finalise the track and add amenities.

##### Scheduled Activity: May – June, 2014

- If approved, complete works to finalise the track and add amenities.
- Promote Walking Track.
- Ensure Walking Track maintenance is reflected in Council Works Program.

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

### Brewarrina Golf Club

- Full amount of funding has been expended.
- Golf Club reports good levels of participation at weekly events, and good levels of membership.
- Average participation numbers are around 15 people per competition day, with a high of 30 participants.
- Golf Club reporting difficulties with ongoing costs of running a Club.

### Brewarrina Bowling Club

- Bowling for Health Program returned in February after around six (6) weeks off for annual work on the green and continue to run programs which attract good levels of participation:
  - Pennants – Regional Competition – four (4) rounds – 12 players per round
  - Good Friday Bowls – 12 teams, 36 players
- Bowling for Health Program continues to engage new bowlers as well as providing a social occasion for people who don't engage in other sports and recreation activities.
- The *Bowling for Health* Program has over the last couple of months extended its' purpose and has been providing a forum for farmers to come together in a social situation to discuss issues with the drought. It is hoped that by providing a forum for discussion that this will reduce the isolation being felt by many farmers, which in some cases is resulting in suicide. This program extension is funded by the Bowling Club.

### Brewarrina Multipurpose Service (Hospital & Health Service)

- Work on this facility was completed.
- The facility opened in late January.
- The new facility has seen an increase in users from 6 to 20. Interest in the facility is high with more users expected in coming months.
- Users of the facility are primarily self-referral with the facility also being used by people who are being 'prescribed' physical activity by health professionals.
- This facility tends to be used by women, with the Group Exercise Room being used primarily by males.

## **Scheduled Activity: May – June, 2014**

### Brewarrina Multipurpose Service

- Promote facility.
- Ensure facility is being used to its maximum capacity.
- Discuss additional programs to be run at facility.
- Ensure facility has required equipment.

### Brewarrina Bowling Club & Brewarrina Golf Club

- Meet with Club's to discuss any outstanding support required.
- Ensure Club feels equipped to continue to provide sport and recreation programs and activities.

## **Project Output # 7: Health Promotion Campaign**

### **Facebook Page**

- Operational – check out <https://www.facebook.com/pages/Brewarrina-Healthy-Communities/270935242937044?ref=hl>
- Items posted during reporting period:
  - ABC Program & Launch
  - NRL Mid-Week Program
  - Australian Rugby Union Clinic
  - OzTag Competition
  - Junk Food Ad Complaints System a Sham
  - Regrowing spring onions
  - Obesity Policy Coalition article
  - Big plans for Bush Plums in the Top End
  - National Nutrition & Physical Activity Survey Results
  - Feeding 9 Billion people
  - Don't skip meals
  - Measuring your waistline
  - Projected Population Growth – Aboriginal & Torres Strait Islanders
  - Healthy Living & Cultural Programs
  - Secondary school shade funding
  - 10 foods you should have in your fridge
  - Access Good Food as Preventive Medicine
  - Kyle Saunders Challenge
  - Eat More Fish

### **Scheduled Activity: May – June, 2014**

- Maintenance of Facebook page.
- Consideration being given to community 'farewell' and promotion event.

## **Project Output # 9: Community Kitchen and Foodcents Program**

### **Community Garden – Senior Citizen's Hall**

- Community Garden includes: fruit, vegetables, herbs, citrus trees, shrubs and a Bush Tucker section – fridge and medicine chest. The Bush Tucker section is an outcome of the Healthy Lifestyle Camp Working Group.
- Engagement in the garden has been slow (n=17), but the majority of people engaging in the garden haven't engaged in other programs and activities so it is great to see them down there.
- People in Brewarrina seem to have a keen interest in the garden and what it is able to produce.
- Surprisingly, the majority of people visiting the garden are men (n=12).
- In addition to the people who come and help out, due to the volume of produce being taken from the garden, deliveries have also been made to the Aboriginal Health Service for distribution to clients / patients. Feedback on the quality of the produce has been excellent.

### **Scheduled Activity: May – June, 2014**

- Consider planting of new season fruit and vegetables.
- Undertake relevant repairs and maintenance.
- Implement strategy – including formal Agreement – to hand over management and maintenance of Community Garden to local organisation / service.
- Re-invigorate Community Gardens in Weilmoringle and Goodooga now that firm relationships have been established in these communities through the conduct of Heartmoves Programs.
- Keep up to date with plantings and production through the Brewarrina Healthy Communities Facebook page:  
<https://www.facebook.com/pages/Brewarrina-Healthy-Communities/270935242937044?ref=hl>

**Project Output # 10: Healthy Lifestyle Camps**

- Community Members participating in the Weight Loss Challenge are keen to participate in a Healthy Lifestyle Camp.
- This is excellent news as work already undertaken will not go to waste.
- The camp date will be scheduled shortly.

**Project Output # 11: Weight Loss Challenge**

- Bre Blissbombs have completed their 10 Week Weight Loss Challenge.
- 23 participants completed the ten (10) week Weight Loss Challenge.
- Whilst 'competing' in the NSW Health Knockout Challenge, the team has been linking in with Brewarrina Healthy Communities programs and activities.
- Challenge participants take part in both the netball and OzTag competitions.
- Challenge participants also utilise Brewarrina Healthy Communities facilities including the Group Exercise Room, Walking Track and Hospital Gym.
- Challenge participants also utilise health and fitness equipment provided by Brewarrina Healthy Communities to the Aboriginal Health Service.
- This group is a trial group for a larger Weight Loss Challenge in Brewarrina. The success of this program will drive future programs.
- Already interest in the Challenge has been high with many people expressing an interest in joining in.
- One group in Brewarrina has started their own Weight Loss Challenge, and another group in Goodooga is awaiting support to commence their Challenge.
- Varying levels of support from Brewarrina Healthy Communities will be provided to both these groups.
- The Brewarrina Bliss Bombs Team has been:
  - Provided with a Weekly Workout Schedule
  - Been offered Weekly Weigh-Ins
  - Participated in Weekly Meetings, including the cooking of a cheap, easy, fresh and healthy meal
  - Been offered information and support through the formation of a Facebook Group
- Feedback from the group has been excellent with many enjoying the group atmosphere.
- Members of the group have requested that the Challenge continue once the official ten (10) weeks is completed.
- Ten (10) members of the Challenge Team completed the Newcastle Color Run as an end of challenge celebration event.
- This program has been incredibly worthwhile for the participants and the services that supported them.
- This program has prompted formation of another weight loss group within the community, and has resulted in an enquiry from Goodooga to provide a program in their town.
- The other Brewarrina Group continues to progress well and meets weekly on a Monday evening.
- The Goodooga weight loss challenge group has had a leader appointed and will commence on either 20 or 27/5/14.
- The group will meet twice weekly with the leader, and by themselves on other days.
- Support and funding will be provided by Brewarrina Healthy Communities.

#### **Scheduled Activity: May – June, 2014**

- Continuation Brewarrina Challenge – Brewarrina Aboriginal Health Service and Brewarrina Healthy Communities.
- Expansion Brewarrina Challenge – Brewarrina Aboriginal Health Service and Brewarrina Healthy Communities.
- Support Existing Brewarrina Challenge – Brewarrina Healthy Communities.
- Implementation Goodooga Challenge – contracted provider (Heartmoves Leader) and Brewarrina Healthy Communities.
- Offer Challenge to Weilmoringle – contracted provider (Heartmoves Leader); Brewarrina Primary Care & Community Health and Brewarrina Healthy Communities.

#### **Project Output # 12: KickStart Incentives**

##### **Men's Space – Home Care Building**

- *Men's Space* is operational and attracting good levels of participation (n=8).

##### **Brewarrina Gentle Exercise Program**

- Program has been well attended with around six (n=6) participants per week.
- Program targets people over the age of 65.
- Participants undertake gentle exercise followed by information on a health related subject and a social morning tea.
- The program has been very well received by the community, and is being well supported.
- This group now meets on Wednesday's to do art together. This is a great outcome for this group as it reduces their social isolation and improved their mental health.
- No. individual participants – 11
- No. sessions provided in reporting period – 21
- Sustained participation (more than 50%) of sessions completed – 7
- No. in targets groups – 11

#### **Scheduled Activity: May – June, 2014**

- Continuation of Gentle Exercise Program.
- Ensuring groups have equipment and support to continue programs.

#### **Project Output # 13: Community Activity Programs for Young Adults**

##### **Oz Tag**

- Competition continues with good levels of participation.
- Excellent community activity with great health and social outcomes.
- Brewarrina Youth Centre is being trained to run the program so it continues once funding has ceased.
- Equipment has been bought and structures put in place to assist with ongoing program.
- Association has also been formed to support ongoing activity.
- Keep up to date with activity through *Brewarrina Summer Footy Competition* Facebook Group and the Brewarrina Healthy Communities Facebook page <https://www.facebook.com/pages/Brewarrina-Healthy-Communities/270935242937044?ref=hl>

##### **Netball**

- Competition continues with good levels of participation.
- Excellent levels of interest and participation.
- Another rewarding community activity with great health and social outcomes.
- Brewarrina Youth Centre is being trained to run the program so it continues once funding has ceased.
- Equipment has been bought and structures put in place to assist with ongoing program.

- Keep up to date with activity through *Brewarrina Mixed Netball* Facebook Group and the Brewarrina Healthy Communities Facebook page <https://www.facebook.com/pages/Brewarrina-Healthy-Communities/270935242937044?ref=hl>

### **Aqua Aerobics**

- Data for 2014 programs has been processed.
- Aqua Aerobics held on Tuesday & Thursday evenings at Brewarrina Pool from end January – March, 2014.
- 13 sessions held.
- 38 individual participants.
- 16 new participants, ie. didn't participate in the 2013 program.
- 189 session attendances in total.
- Average number per session – 14.5.
- 33 participants (87%) from at least one of the projects key target groups
- 12 participants (32%) achieved 'sustained participation', ie. attended 50% more of the sessions offered.

### **Scheduled Activity: May – June, 2014**

- OzTag 2014 – end July 2014.
- Mixed Netball Competition – ends July, 2014.
- Planning for programs to take place in late 2014.
- Development / sourcing of tools and resources to support groups or organisations to conduct competitions.

## **Project Output # 14: Enhancement of Community Facilities**

### **Town Centre Courts**

- Limited work has been able to be progress during this reporting period due to leave and other priorities of Council staff.
- Remaining work to be completed includes: installation of benches and bins; re-sanding of the courts; installation of signage; fixing of lights

### **Shade Structures – Brewarrina Pool**

- A funding application was put in by Brewarrina Healthy Communities to upgrade shade structures at the pool.
- The application was successful with \$22,000 being granted for this work.
- This funding will be matched by monetary and in-kind support from Council.
- This is a great outcome as the pool is used heavily by the community for both passive and organised sport and recreation during the Summer months.
- Although it was a small amount of work to put in an application, this type of outcome is one of the things which is viewed most favourably by the Council – in particular the Councillors – and the community.
- Brewarrina Healthy Communities is leaving a legacy of improved sport and recreation facilities for both Council and the community, and this legacy cannot be understated in a small remote Aboriginal community.

### **Scheduled Activity: May – June, 2014**

- Finalise works on town centre courts.
- Facilitate commencement of works on shade structures at pool.
- Identify maintenance program for facilities and ensure integration into Council Works Program.
- Identify, document and distribute future funding opportunities.





## **Project Output # 15: Heartmoves Program**

### **Weilmoringle**

#### Weilmoringle (Monday & Thursday)

- Program commenced 13/2/2014.
- Program ongoing as of 28/4/2014.
- 13 individual participants.
- 16 sessions held.
- Average of 4-5 participants per session.
- All participants in key target groups.
- 6 participants achieved 'sustained participation', ie. attended 50% or more sessions.

#### **Scheduled Activity: May – June, 2014**

- Weilmoringle Programs to continue.
- Potential for Heartmoves to be offered again in Brewarrina and Goodooga as part of Weight Loss Challenge activities.
- Ensure instructor / groups / facilities have equipment to continue to be able to provide programs.

## **Project Output # 17: Healthy Communities Strategy**

### **Healthy Communities Email Group**

- Ongoing communication with over 100 members.
- Information distributed includes: project related information; health information; training opportunities; research and reports; funding opportunities
- Excellent communication mechanism.

### **Developing Community Capacity – Professional Support**

- Brewarrina Golden Googars Rugby League Football Club – becoming an Association; running a sporting organisation; integration of all rugby league teams & personnel in town; facilitating coaching support; BDRL Gala Day – around 500-600 attendees
- Brewarrina Cricket Club – becoming an Association; running a sporting organisation; running competitions
- Brewarrina OzTag Association – becoming an Association; running a sporting organisation; running competitions
- Brewarrina Youth Centre – annual program planning; developing project proposals; mentoring

### **Project Sustainability**

- Work continues to explore the sustainability of programs and activities beyond the term of the Healthy Communities Project, ie. past end June 2014.

#### **Scheduled Activity: May – June, 2014**

- Project Sustainability – formalise agreements / partnerships etc. for ongoing programs and activities; distribute project equipment and document.
- Develop / source, and distribute resources to support applications for funding by volunteer organisations.
- Develop, and distribute, calendar of funding opportunities for next 12 months.
- Council Situational Analysis and consultation.
- Applications for funding:
  - NSW Footy Facilities Fund – Brewarrina & Goodooga
  - NSW Sport and Recreation Sport and Recreation Events Program funding – Brewarrina Clay Target Shooting Club

**Project Output # 18: Program Structures**

- Relevant information on funding and training opportunities etc. distributed through program structures and Email Group (over 100 members).

**Scheduled Activity: May – June, 2014**

- Project Sustainability – discussion to occur regarding responsibility and sustainability of this group, or an alternate group.
- Communication, consultation and engagement regarding winding up of Brewarrina Healthy Communities Project, and sustainability of strategies – community and stakeholders.
- Communication regarding success of Brewarrina Healthy Communities – stakeholders and community.

**Additional Activities:****Funding****Being developed:**

- NSW Footy Facilities Fund – Brewarrina & Goolooga
- NSW Sport and Recreation Sport and Recreation Events Program funding – Brewarrina Clay Target Shooting Club

**Current Priorities:**

- Sustainability of project activities
- Community Activity Programs
- Community Weight Loss Challenges

**Key Challenges:**

- Myriad of project outputs
- Current levels of activity
- Community expectation
- Sustainability of project activities

**Media / Publishing:**

- Nil to report

**Presentations:**

- Nil to report

**Meetings:**

- Nil to report

Only significant meetings of relevance to Council will be noted in the report.

**Correspondence:**

- Final Report submitted to the Department of Health [29/4/2014]

Only significant correspondence of relevance to Council will be noted in the report.

**Professional Development:**

- Nil to report

**Leave:**

- Nil to report