

Healthy Cities Illawarra & Healthy People Illawarra

Building Healthy Cities



Annual Report 2018 / 2019

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Our General Manager



Kelly Andrews
General Manager

2018-19 saw the reigns of Healthy Cities Illawarra and Healthy People Illawarra pass over from Justin Placek to myself in April 2019. Justin provided a calm, open and solid leadership for our staff. He brought an enhanced sense of team, highlighted a renewed 'glocal' vision and critically, refreshed our business model and approach such that Healthy Cities Illawarra and Healthy People Illawarra have the benefit of some financial security and sustainability moving forward. I think I speak on behalf of all, when I say that the highlight our year was definitely supporting Justin's efforts representing our organisation and raising money for Cancer Council NSW in the Stars of Wollongong Dance for Cancer. Congratulations Justin, you are a great sport and we wish you well for your future endeavours.

We farewelled Mr Peter Ball who was our Office Manager for 6 years. He provided wonderful expertise, support and friendship to many staff over the years, and we wish him well in his retirement.

We have, and will continue to work collaboratively with many government, non-government and community partners; a commitment reflected in so many of the projects within this report. We will work to fulfil the needs in our local communities by identifying priorities and

planning, implementing and evaluating high quality, evidence-based programs to improve the health, environment and social outcomes of the Illawarra-Shoalhaven.

In 2018-19, our programs enjoyed the support of 28 student placements and 34 volunteers from the disciplines of Public Health, Health Promotion, Social Marketing, Dietetics, Social Work and Graphic Design and we are proud to offer interesting and relevant learning opportunities for local tertiary students. We are also proud to continue to auspice some excellent initiatives such as Hidden Harvest, Age Friendly Illawarra and the CALD Local Drug Action Team, not to mention our long term association as the Secretariat of Food Fairness Illawarra.

These organisations are embedded in the cultural, social and environmental history of the Illawarra Shoalhaven and we are privileged to be entrusted by our funders, collaborators and ultimately our community to keep working for local outcomes.

I am excited to embark on the year ahead with an undeniably dedicated, skilled and passionate team – I can't wait to see what I'll be reporting on this time next year!



Our Presidents



Sandra McCarthy OAM
President,
Healthy Cities Illawarra

It has been a year of change for Healthy Cities Illawarra and it is with pleasure I present the Annual Report 2018-19. I formally welcome Kelly Andrews as General Manager of our organisation. Kelly brings a wealth of experience of working in the health and research sector and building on the achievements of Justin Placek and is now well-established in her role.

Kelly has continued to develop strong partnerships with corporate, academic and community organisations across the Illawarra region and is working collaboratively with the four local councils. Highlights within our programs is our partnership with UOW and the Global Challenge project of investigating how cross-sector organisational structures work; TALK project which empowers young people with confidence and supports their emotional wellbeing; our advocacy with local environmental issues and administrative support of Food Fairness Illawarra, Cook Chill and Chat, AFI and HARP Sexual Health Project. Our role and purpose are to continue to grow and strengthen our Healthy Cities leadership with a partnership with University of Wollongong (UOW) and other private and Public organisations in a Global Grant research project on the UN Sustainable Development Goals (SDGs) Healthy Cities Illawarra, as the secretariat for the Australian Chapter of Alliance for Healthy Cities (AFHC) facilitated the exchange of information and contacts within Australia. Member cities and individuals provided update reports and best practice projects which will be presented by Councillor Kathy Rice at the Steering Committee meeting in South Korea. As Australian Healthy Cities we value our commitment to work together, sharing information and examples of Healthy Cities projects with a focus on achieving the UN SDGs. It is vitally important to continue to participate and contribute at this International level whilst continuing to fund and support action which strengthens our local communities and is conducive to good health and wellbeing. I would like to thank fellow Directors, for their valued contribution over the past year. I congratulate all our staff in progressing the organisation and achieving amazing outcomes with dedicated work.

People's health and wellbeing is affected by the quality of life they experience daily. It requires continually tapping into and strengthening existing community networks as well as facilitating the development of new networks, partnerships, collaborations and creating opportunities for people to participate in community life.



Marianne Saliba
President,
Healthy People Illawarra

It gives me great pleasure to present 2018-19 Annual Report for Healthy People Illawarra (HPI). The past year again highlighted our diverse collection of programs that focused on community nutrition, physical activity, sexual health, and programs designed to specifically support children and the elderly.

Our innovative food programs focused on food security and food waste reduction and we are proud to continue the Secretariat role for Food Fairness Illawarra, a coalition of organisations and individuals for over 14 years. Projects such as 'Stir it Up!' and 'Cook Chill Chat' aimed to improve the food security status of our most vulnerable communities.

The Active In-Betweens program was a great success, focusing on children aged 9 – 12 years who are living in communities considered disadvantaged. Participants learned about health food and are introduced to a range of positive social and neighbourhood connection opportunities, with 47 sessions delivered. We also continued to auspice grass roots community initiatives such as 'Age Friendly Illawarra' who developed an age-friendly region collaboration template, identifying key ingredients in a regional approach to age-friendliness.

The Illawarra Culturally and Linguistically Diverse (CALD) Local Drug Action Team again worked in partnership to reduce drug and alcohol-related harm specifically for CALD and refugee groups. We supported this program in 2018, delivering 15 workshops.

I was very proud to represent the organisation at the 8th Alliance for Healthy Cities Global Conference 'Our Cities, Our SDGs, Our Journeys' and General Assembly, held in Kuching Malaysia in October 2018. There were delegates from Syria, Iran, Japan, Korea, China, Taiwan, Malaysia, Indonesia, Philippines and Australia. I spoke at the Healthy Cities Illawarra presentation about our initiatives and learned a great deal about programs in other countries. It was a truly inspiring experience.

Finally, I want to thank the Board and all of the staff for their hard work. This Annual Report showcases their passion, commitment and success.

Our Organisations

We are Healthy Cities Illawarra Inc. & Healthy People Illawarra Inc., the ‘glocal’ organisations working to create healthy environments and enabling healthy choices for the people of the Illawarra and Shoalhaven, NSW.

Healthy Cities Illawarra Inc.
Healthy People Illawarra Inc.

Ground Floor 6 - 10 Princes Highway
Fairy Meadow NSW 2519
PO Box 607

Phone: 02 4283 8111
Email: mail@healthyillawarra.org.au
www.healthyillawarra.org.au



We are dedicated to addressing underlying social, economic and environmental causes of health inequality and working in partnership with local government, health care providers and other community organisations to deliver meaningful health and wellbeing outcomes for our community.

We do this by designing, implementing and evaluating evidence-based and cost effective programs for a range of issues and audiences. From fair food, healthy eating and cooking skills to walking programmes, after-school youth programs and age friendly initiatives – we are here to help design the infrastructure of a healthy community and sustain positive behaviour change.

Originally established by the World Health Organization in 1987, we now have a strong regional presence and in 2003, with the support of the WHO Western Pacific Region, the Alliance for Healthy Cities (AFHC) was formed. This AFHC, has over 100 city members and Healthy Cities Illawarra has previously held position of chair of this steering committee.

We are inclusive, we believe in increasing individual and community control over the interactions in our communities which impact on our health and quality of life.

Our Funders

Illawarra Shoalhaven Local Health District (ISLHD)

Communities for Children
Barnados Australia

Department of Social Services
Australian Government

Clubs NSW

Australian Social Investment Trust

NSW Environment Protection Authority (EPA)

Healthy Cities Illawarra Inc. & Healthy People Inc. acknowledges the Traditional Custodians of the land on which we live and work.
We pay our respect to Past, Present and Emerging Elders.



Click to open links when
you see these icons

Highlights

2018-19



\$29k
Community Building Partnership Grant
 gained to support Warilla North School develop an outdoor learning space

Sustainable Development Goals



We support and promote the United Nations' 17 Sustainable Development Goals to ensure a sustainable future for generations to come. Our programs are aligned with the 2030 Agenda for Sustainable Development.

In late 2018, we opposed the National Parks and Wildlife Service (NPWS) Mountain Bike Strategy draft and the related Bike Concept Plan for Mount Keira. Amy Carrad, Health Promotion Officer, attended community consultations and a written submission authored by Amy, Dr Belinda Gibbons (UOW) and then Healthy Cities GM, Justin Placek was tendered to the NPWS.

The proposal outlined a network of 82km of trails on Mount Keira, Mount Kembla and Balgownie, formalising a network of existing trails, which have been made by riders over the years.

In addition to environmental and cultural impacts, the proposal did not consider the impact requirements specifically laid out in the United Nations' 2030 Agenda and as a result, did not align with the 17 Sustainable Development Goals (SDGs) that Wollongong City Council's Community Strategic Plan, 'Our Wollongong 2028', strives to achieve. Our grounds for objection outlined specific SDGs that the proposal did not align with including, **SDG 6** – Clean Water and Sanitation, **SDG 8** – Decent Work and Economic Growth, **SDG 11** – Sustainable Cities and Communities, **SDG 15** – Life on Land, **SDG 16** – Peace, Justice and Strong Institutions and **SDG 17** – Partnership for the Goals.

As of June 2019, the strategy has fallen silent, with the NPWS giving no updates on whether it will report in months - or even this year.

The Food Smart Program

We partnered with food waste educators, Hidden Harvest to deliver the NSW EPA's Food Smart Program and tackle food wastage within **102** Illawarra households.

In combination with hands-on cooking workshops, the Food Smart Program increased participants awareness of the scope, scale, and impacts of food waste in NSW, while cooking up a creative meal from common leftover ingredients. The program offered all households with practical guidance to continue the 'Food Smart' journey at home.

The **8** workshops were delivered in partnership with community organisations, (Big Fat Smile, Short Street Occasional Child Care Centre) and our community programs, (Stir it Up, Cook Chill Chat) which enabled us to effectively reach the target audience of families with children (**36%** of participants).



UOW Partnership

In 2018, we built on our relationship with UOW's Sydney Business School and in particular Dr Belinda Gibbons, partnering in two research projects which explore the UN Sustainable Development Goals (SDGs). The first is a Partnership Grant (\$20,000) which aims to develop a regional SDG Scorecard and online portal. It uses a Participatory Research approach engaging with Shoalhaven City Council (in the first instance) working with them to map their current plans and frameworks and better aligning them with the SDGs.

The second project is a Global Challenges Seed Grant seeking to understand barriers and enablers for inter-sectoral multi-stakeholder partnerships to advance the SDGs locally. Other key partners include KPMG, Illawarra Shoalhaven Joint Organisation (ISJO) and a youth representative.



Alliance for Healthy Cities Award (AFHC)

Winner – AFIA Award for Creative Developments in Healthy Cities Achieving SDGs through Healthy Cities Programs

We accepted the award at the 8th Global Conference of AFIA in Kuching, Sarawak, Malaysia.

Healthy Cities Illawarra & Healthy People Illawarra



The **FOOD Smart** Program

Helping you reduce food waste to save money, time and the environment

About the Food Smart program

Join us for an interactive, hands-on cooking workshop that will change the way you think about food waste, while also spicing up your skills in the kitchen!

All families who sign up for the workshop will be given a six-step action plan to put their Food Smart skills into practice at home. Families will also receive a Food Smart toolkit with goodies to help them on their food waste fighting journey.

Food Smart is easy, free & delicious

Start your Food Smart journey today by attending the Food Smart workshop & dinner at [partner organisation] on [date] at [time]. [Register here](#)



This program is brought to you by Healthy Cities Illawarra in partnership with Hidden Harvest and supported from the NSW EPA's Waste Less Recycle More Love Food Make Waste program, funded from the waste levy.

Healthy Cities Illawarra & Healthy People Illawarra

Our Impact



We support and promote actions which develop social, economic and physical environments conducive to good health and wellbeing for the population of the Illawarra and Shoalhaven.



TALK Project

TALK (building trust through activity, learning and konnection) is a program funded by Communities for Children Shellharbour.

Our TALK programs are delivered in Warilla North Public School, Albion Park Rail Public School, Albion Park High School and Mt Warrigal Public School on a weekly basis.

Programs include: • DRUMBEAT • Seasons for Growth, Young Leaders Project • Tweens after school drop in (community connections) & school holiday Program • School Holiday Breakfast Club in partnership with Baptist Care • Tweens Workshops (skill building & peer support) & Residential Camp • Playpod

Our programs are specifically designed and resourced to:

1. Support children in their ability to identify and have trust in a network of supportive adults.
2. To introduce and develop new strategies and different ideas for positive communication between children and their peers and other adults
3. To develop strategies to increase problem solving skills
4. To increase children's awareness regarding their emotions and help build skills in emotional regulation
5. To provide a welcoming, safe and nurturing space to create a predictable non-confrontational environment for children, allowing them to practice skills in developing healthy peer relationships.

Key outcomes in 2018-19 included:

8
DRUMBEAT
programs

delivered as part of the whole of school approach to positive engagement in education

14
Seasons for Growth programs

delivered as part of the whole of school approach to positive engagement in education

78
community members

attended the makeover of Crew Park as part of the Community Partnership Project



"I can't remember a time in my life where you (Aaron) & Nikke were not there for us"

- Tylira, Age 9, Tweens Project participant





TALK Project - Playpod

Playpod is a free after-school activity held in the school grounds of Barrack Heights Public School.

Our weekly after-school activity continues to be very popular with the families of Barrack Heights Public School, with attendance running at full capacity. Every week, thirty children enjoy a range of activities that introduce new skills through a dynamic and fun program.

Playpod has successfully delivered a creative & performing arts program, an introduction to First Aid for children and a school holiday program that included an overnight camp.

In addition to this, reflection of the Playpod program has led to the pilot of a specialised transition program for year 6 students funded by Communities for Children. The transition program enabled a collaboration with Circus Monoxide to deliver sessions to support children's communication skills, positive self-identity and organisation, ready to go to high school later this year.

Key outcomes in 2018-19 included:

35
after-school
sessions
delivered

23
children
engaged
in a 4 week
First Aid
Program

8
school holiday
activities
delivered including
a residential
activity

2
partner
activities
delivered in the
context of Playpod
activities.



"I never thought I would be brave enough to perform in front of people. I like coming to Playpod"

- Thomas, Age 11, Playpod participant





Cook Chill Chat

Cook Chill Chat is a community cooking program that is delivered over 12 weeks. Lessons on healthy eating are incorporated in the program, which aims to increase social connections by bringing people together to cook, share a meal and connect with local services.

In 2018-19, we delivered Cook Chill Chat across the Illawarra with partners in Wollongong, Warilla, Unanderra, Albion Park, Albion Park Rail, Bellambi and Berkeley.

Twelve volunteer facilitators from community partners and ten volunteers of our own were trained to assist in delivering the program. In addition to lessons on healthy eating and cooking, participants also took part in activities such as meditation, yoga and visiting community gardens.

To date, there have been ten programs delivered targeting the elderly, young families, Aboriginal and Torres Strait Islander people, culturally and linguistically diverse people and those living in low socioeconomic areas.

We look forward to launching our Cook Chill Chat Cookbook over the next year as well as building partnerships with services in the Shoalhaven area and working closely with these partners to deliver Cook Chill Chat.

Key outcomes in 2018-19 included:

115
community
members
have participated
in Cook Chill Chat

76%
of participants
have increased
their knowledge
in nutrition and
cooking skills

75%
of participants
have increased
their vegetable
intake

74%
of participants
have met the
recommended
serves of fruit or
have increased
their fruit intake

“It has been amazing to watch participants grow confident with their cooking skills in the kitchen and see the friendships that form from cooking together.”

- Helen Tran, HCI Health Promotion Officer





Stir it Up!

Stir it Up! is a project which supports people to promote healthy eating and good food in their local communities.

Coordinated in partnership with the Illawarra Shoalhaven Local Health District (ISLHD), the aim of Stir it Up! is to improve the food security status of vulnerable communities in the Illawarra region using a peer-educator model.

Community members are recruited and trained to be Stir it Up! peer educators and deliver information sessions on healthy eating, cooking demonstrations and cooking classes in partnership with local community organisations.

To meet the growing requests for Stir it Up! activities, nineteen community members and university students have been recruited and trained to be Stir it Up! peer educators in the past year.

We look forward to continuing our Stir it Up! partnership with the Illawarra Shoalhaven Health District.

Key outcomes in 2018-19 included:

22
requests
for Stir it Up!
activities have been
completed

599
community
members
have attended
a Stir it Up! activity

19
new peer
educators
have been
recruited and
trained

7
training
workshops
have been
delivered for peer
educators



“Stir it up! peer educators often go above and beyond in delivering Stir it up! activities. They have contributed greatly to the success of the project.”

- Helen Tran, Health Promotion Officer





Horsley Outdoor Krew (HOK)

Horsley Outdoor Krew (HOK) is a free healthy lifestyles program aimed at children aged 9 – 12 years old. HOK takes place in the West Dapto area and aims at engaging with the community and allowing the children to express themselves freely in a safe environment.

At HOK, children learn about active living, healthy eating and interpersonal behaviours which contribute to good health and positive self-esteem. HOK supports a clearly identified community need relating to better lifestyle choices for a vulnerable age group.

Meeting every Thursday afternoon during school term, the children are empowered to think independently and increase their levels of self-advocacy, all of which sets a positive foundation for the transition from primary school to high school. Over the past year, HOK saw a total of 38 participants (17 girls and 21 boys) attend HOK once or more.

One of the great outcomes in 2018 was the self-initiated action from the children in response to some new graffiti on the outside of a building. With help from Maddison (Health Promotion Officer) the children identified that the profanity was not reflective of the type of community they want to live in and wrote a collective letter to Wollongong Council. The following week, they worked as a team to paint over the graffiti and took pride in their actions.

Key outcomes in 2018-19 included:

**Maximum of
25
participants in
one week**

Participants have been **positive and proactive** about ways to report and reduce what's happening in the community; they have made 2 reports to council including graffiti and repair of community equipment

**6
HOK participants
spoke at a school
assembly to advertise
the program**

"HOK has prepared me for high school, both emotionally and physically".

- Sami, past HOK member now in year 7



H O K

HORSLEY OUTDOOR KREW



Active In-Betweens

The Active In-Betweens program supports children aged 9-12 years living in communities considered disadvantaged. It provides a weekly, after-school healthy lifestyle activity program in local outdoor settings including Bellambi (Bellza 9-12s) and Bundaleer in Warrawong (Bundy 9-12s).

Our Active In-Betweens program offers both structured and unstructured play and child-directed physical activity opportunities in a supportive, outdoor environment. We provide opportunities for children to eat and learn about healthy food, connect positively with their peers, supportive adults and provides children with a range of positive social and neighbourhood connection opportunities (e.g. youth services, local sporting clubs, locally accessible activities).

Active In-Betweens is a community-based program with strong partnerships with community stakeholders promoting intersectoral collaboration. Our on-the-ground partners include Barnados, Big Fat Smile, Bellambi Neighbourhood Centre with further support from Family and Community Services, UOW, Health Promotion Unit (ISLHD) and Illawarra Shoalhaven Social Investments (ISSIT).

Key outcomes in 2018-19 included:

3
key locations:
- Bellambi
- Horsley
- Warrawong

1064
interactions
with children
across program
sites

47
sessions
delivered



“Having fruit and veg, exercising, and not having lots of sugary snacks makes you healthy and strong”

- Ella, Age 9, Active In-Betweens participant





5x5 Events

The 5x5 is a free community walking event where participants walk a 5km course one afternoon a week for 5 weeks. The 5x5 aims to build healthy walking habits in the community whilst connecting people and reducing social isolation.

In 2018-19, we delivered three 5x5 walking events including The Lake, Bellambi and Shell Cove in partnership with The Heart Foundation, PCYC Lake Illawarra, Bellambi Neighbourhood Centre, Shellharbour City Council and Frasers Property Australia.

The inaugural Shell Cove 5x5 was a new partnership with Frasers Property Australia and the first trial of an external organisation planning the 5x5 using the Healthy Cities Illawarra 'How to Guide'.

With the assistance of thirteen volunteers across the three events, participants enjoyed building social connections and healthy walking habits. As a result, participants registered their interest in forming ongoing walking groups.

Community partners included BreastScreen NSW, Cancer Council NSW Southern, Illawarra Women's Health Centre, Women's Health Service from Illawarra Shoalhaven Local Health District and Bellambi Drive Thru Pharmacy.

Key outcomes in 2018-19 included:

98
participants
attended the three
5x5 events
- Lake Illawarra
- Shell Cove
- Bellambi

17
participants
completed all
5 weeks of their
respective event

47
participants
were **below** national
physical activity
recommendations at
baseline/registration

27
participants
reported maintained
or **increased** physical
activity levels at the
end of the 5 weeks

"Regular, moderate physical activity is great for your mental, physical and overall health. Every day is the perfect day to do something positive for your health and wellbeing"

- Amy Carrad, Health Promotion Officer





Award!

In late 2018, HCI received an **Outstanding Achievement – Service Award** from the HIV and Related Programs (HARP) unit.



Sexual Health & The HARP Unit

Creating environments where HIV and STIs are accepted and discussed. Eliminating fear, myth, stigma and discrimination.

We collaborate with the Illawarra Shoalhaven Local Health District's HIV and Related Programs (HARP) unit to improve sexual health practices & outcomes in priority groups such as newly arrived refugees, international students and Culturally and Linguistically Diverse (CALD) communities.

We currently have a leadership role on a state-wide Sexual Health Action Plan for international students, as well as a key focus exploring the reproductive and sexual health needs, gaps in service delivery, barriers to accessing services and information; experienced by the newly arrived community. An outcome of this research was the development of a sexual health and relationships kit piloted for international students at the University of Wollongong (UOW).

Key outcomes in 2018-19 included:

67493 sexual health resources distributed including STI postcards and male and female condoms

The Caddyshack Project Facebook page engaging with over **1,000** people

1237 people educated through capacity building sessions and events

131 people screened for chlamydia

“Chlamydia is the most common sexually transmissible infection (STI) in Australia. In 2016, there was a total of 71,751 notifications of chlamydia. Three-quarters (75%) of chlamydia notifications were among people aged 15 - 29 years.”

- Annual Surveillance Report on HIV, viral hepatitis and STIs in Australia 2017, the Kirby Institute at the University of NSW



Healthy Cities Illawarra & Healthy People Illawarra

Our Auspices



We support community groups and social enterprises
who join us on our mission to build
healthy cities and people

HIDDEN
HARVEST



Food Fairness Illawarra

Food Fairness Illawarra is a collaborative community coalition passionate about ensuring food security for all in the Illawarra.

We work towards a vibrant, sustainable local food system that is resilient, prosperous, fair and secure by hosting and governing Food Fairness Illawarra (FFI).

Over the past year, we have shared leadership of FFI with five other key organisations including the Illawarra Shoalhaven Health District (ISLHD), University of Wollongong, Wollongong City Council, Shellharbour Council and Kiama Municipal Council. Together, we have grown FFI to a wider network of over 800 individuals, community groups, charities and non-government organisations.

Celebrating National Food Week 2018, FFI in partnership with Nutrition Society Australia, ISLHD as well as Shellharbour, Wollongong and Kiama Councils, hosted the annual “Connecting over Fair Food” event bringing together over 120 fair food champions.

The event, held at the Shellharbour Civic Centre, focused on how to reduce food waste, research into the effects of unhealthy food advertising on children’s diets and how teachers can implement food programs, gardens and healthy canteen strategies in their schools.

FFI continued to connect, advocate, build capacity, educate community and contribute to the evidence-base by increasing its visibility of the Illawarra’s thriving food community by creating the following guides:

- [Illawarra’s guide to community kitchen facilities](#) • [Illawarra’s guide to community gardens](#)
- [Illawarra’s guide to educators & advocates](#) • [Illawarra’s guide local food & ethical shopping](#)

814
Food Fairness
Illawarra
Community
Members
54% increase
from 2017-18

906
social media
followers
29% increase
from 2017-18

8
UOW student
volunteers
were provided
with development
opportunities at FFI

“One of the strengths of FFI is the diversity of its membership, the collaboration across sectors and the passion and commitment of the individuals involved.”

- Berbel Franse, Food Fairness Illawarra Coordinator





Hidden Harvest

Celebrating the ignored, overlooked or surplus (by-) products of the food system at their regular community dinners, hands-on workshops and public displays, Hidden Harvest upskills the community by providing the tools and forks to tackle food waste and shape a sustainable food future.

We support the food waste revolution by auspicing grass roots and volunteer driven initiative, Hidden Harvest.

2018-19 saw Hidden Harvest move into its own residency, including workshop and event space, at 274 Crown Street, Wollongong, as part of the Renew Wollongong Initiative. As a result, 'Cook off and Feast', a hands-on, team building activity was launched, and monthly community dinner, 'Wasted Wednesday', increased to a fortnightly gathering.

Hidden Harvest's continued partnerships and collaborations with Society City, Wollongong Council, Yours & Owls Festival, Strawberry Boogie, North Gong Hotel and Party for Purpose brought an array of eye-catching public displays of food waste to life.

Overall, Hidden Harvest rescued 1683 KG of food from ending up in landfill - the equivalent to 3,197 Emissions of CO₂-e (kg) or 285.51 days of electricity consumption for one household.

Key outcomes in 2018-19 included:

1751
community
members
joining
the food waste
conversation

378
community
members
reached
at Wasted
Wednesdays

1683kg
food
rescued
from ending up
in landfill!

4761
social media
followers

"We see conversations at the carrier of change, laying the groundwork for something that is ready to expand in the future."

- Berbel Franse, Hidden Harvest Founder





Welcome to the team,
Natasha Debsieh
 Age Friendly Illawarra
 Coordinator



Age Friendly Illawarra

The Illawarra Shoalhaven has a relatively older population and Age Friendly Illawarra has continued to promote the age-friendliness of our region over the past twelve months.

We continue our role as both auspice and member of Age Friendly Illawarra (AFI). AFI is a coalition of eight agencies who aim to create opportunities for older people to lead active, engaged lives and contribute positively to Illawarra communities.

In 2018 Age Friendly Illawarra's submission to the WHO was successful and the Illawarra Shoalhaven region attained membership of the Global Network for Age-friendly Cities and Communities.

In August 2018 Kathryn Greiner AO, Chair of the Ministerial Advisory Council on Ageing, was guest speaker at a forum that explored the region's approach to issues across the World Health Organization's domains of outdoor spaces and environment, social and civic participation, and information and communication.

AFI Member Organisations: Healthy City Illawarra, Edmiston Jones, Flagstaff, Healthcare, Illawarra Shoalhaven Joint Organisations, IRT Foundation, University of Wollongong and Warrigal.

Key outcomes in 2018-19 included:

Age Friendly Establishments,
 a self-audit toolkit for shops and business owners to make their premises more welcoming to older people.

Development of an Age Friendly Region collaboration template
 identifying key ingredients in a regional approach to Age Friendliness.

2 local Men's Shed assembled chairs
 for the take-a-seat initiative.

Age Friendly Event Checklist
 developed for venues and event managers.

"Healthy Ageing involves through participant led, accessible and flexible activities..... with information available in public places... not just on the net."

- Age Friendly Illawarra Community Consultation participant





Winner!



Illawarra CALD Local Drug Action Team

The Illawarra Culturally and Linguistically Diverse (CALD) Local Drug Action Team is a collaboration between government and community services or members, who aim to work in partnership to reduce drug and alcohol related harm specifically for CALD and refugee groups.

In 2018, we commenced auspicings the Illawarra CALD Local Drug Action Team as a response to recognition that CALD and refugee groups are significantly underrepresented for seeking assistance and support for drugs and alcohol health concerns. Barriers include health literacy, settlement process and at times, previous trauma.

The Illawarra CALD Local Drug Action Team proactively works to promote healthy lifestyle choices about drugs and alcohol by developing multicultural resource films, bilingual resources, and hosting consultations, workshops and training sessions. Over the past year, there has been a community development approach and focus on developing partnerships and trust with many CALD community groups and organisations.

Key outcomes in 2018-19 included:

Developed Multicultural Resource films
to explain where and how to get support to drug and alcohol services in **7** new and emerging languages.

15 Workshops provided
to multicultural groups to enhance health literacy around safe use of medication and alcohol.

3 Consultations with CALD youth
from local High schools with a high percentage of CALD young people.

“The ‘Where can I get help when alcohol or drugs are a problem?’ videos are available in Arabic, Burmese, Farsi, Karenni, Kirundi, Mandarin and Swahili.”

- Di Woods, Illawarra CALD Local Drug Action Team Coordinator





“I introduced my husband and nephew to a larger variety of vegetables. They love it!”

- Cook Chill Chat



“By making a few simple changes at home, we can reduce food waste, eat well, save money and the environment.”

- Food Smart Workshop



“I love eating the food that we make at Bellza 9-12s”

- Active In-Betweens



“I didn’t realise people thought I had what it takes to be a leader”

- Talk Project



“I really enjoyed the 5x5 walk. It’s a lovely walk. I feel so much better afterwards. I recommend it to anyone.”

- The 5x5



“We came here looking for the social aspect, but left with great friends, better confidence in the kitchen and better cooking skills.”

- Stir it Up!



“I introduced my husband and nephew to a larger variety of vegetables. They love it!”

- Cook Chill Chat



“I have just learned that tackling food waste is a delicious money saving journey – I can’t wait to start”

- Hidden Harvest



Staff Members



Kelly Andrews
General Manager



Justin Placek
General Manager
(Aug 2016 - April 2019)



Peter Ball
Office Manager
(Aug 2012 - Aug 2018)



Nicole Sekulovski
Office Manager
(Sep 2018 - Feb 2019)



Margareta Saveska
Office Manager



Tracy Thomas
Media & Communications
Officer



Nikke Gladwin
Program Manager
TALK Programs



Aaron Newton
Project Officer
Active In-Betweens
& TALK Programs



Jenny Rowland
Project Officer
Playpod



Maddison Stratten
Health Promotion Officer
Sexual Health &
Active In-Betweens



Amy Carrad
Health Promotion Officer
Physical Activity
5x5



Karel Strooband
Project Officer
Active In-Betweens



Ryan Potts
Project Officer
Active In-Betweens



Berbel Franse
Health Promotion Officer
Food Sustainability &
Community Nutrition



Helen Tran
Health Promotion Officer
Food Sustainability &
Community Nutrition



Nicole Staniforth
Bookkeeper
Ruiz and Associates
Chartered Accountants

Board Members

Healthy Cities Illawarra

President – Sandra McCarthy OAM
Vice President – Cr Kathy Rice (Kiama)
Secretary – Justin Placek / Kelly Andrews
Treasurer – Dr. George Takacs

Cr Cath Blakey (Wollongong)
Cr Marianne Saliba (Shellharbour)
Cr Annette Alldrick (Shoalhaven)
David Fildes (Resigned January 2019)
Jedda Lemmon
Dr. Lindsey Harrison

Healthy People Illawarra

President – Cr Marianne Saliba (Shellharbour)
Vice President – Dr. Lindsey Harrison
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Cr Cath Blakey (Wollongong)
Cr Kathy Rice (Kiama)
Cr Annette Alldrick (Shoalhaven)
Sandra McCarthy OAM
David Fildes (Resigned January 2019)
Jedda Lemmon





Volunteers & Students

Volunteers

Dianne Mathot
Alexandra Stefanovic
Alissa Middleton
Alissa Nicolaidis
Amanda Fletcher
Amber Parry
Amy Carrad
Anna Montes
Bailey Cooke
Chiara French
Emily Parisi
Emma Burton
Giulia Soccorsi
Hannah Ubrihien
James Gallagher
Jazmin Conelly
Jenny Rowland
Katrina Kissock
Kriti Jha
Lucy Carolan
Maddie Wray
Maddison Fairlie
Morgan Cooke
Natalie Figueira
Natasha Vishacki
Nicole Cameron
Rachel Britten

Rukayat Ibrahim
Ryan Potts
Sari Boschiero
Talia Johnston
Taylor Ambrose
Theresa Huxtable
Vidalia Palacios

Placement Students

Abbey Tredinnick
Alisha Herbert
Amber Parry
Brigitta Leben
Britney Rogers
Brittany Carradine
Catherine Prentice
Claire Walker
Danielle Barber
Eliza Hayes
Erin Brandt-Sawdy
Gemma Nocera
Imogen Todd
Jazmine Connelly
Jemah Layton
Joy Derksen
Kai Yee Cheung

Karen Evans
Lauren Hemsworth
Lucinda Cheke
Maddison Naulty
Mikaela Zuck
Morgan Maxwell
Nishat Nisha
Nudrat Tulee
Olivia Bowring-Greer
Rebeka Sultana
Rhys Sheppard

Thank You

Thank you for your contribution in helping us build a healthy city...

- 2528 @ Crew Park
 - ACON
 - Age-Friendly Illawarra Alliance
 - Albion Park High School
 - Albion Park Rail Community Centre Inc.
 - Albion Park Rail Public School
 - Albion Park Youth And Community Care Inc.
 - Anna Watson MP - Member for Shellharbour
 - Australian Social Investment Trust
 - Australian Social Investment Trust (ASIT)
 - BaptistCare Community Centre - Warilla North
 - Barnardos South Coast
 - Barrack Heights Public School
 - Bellambi Neighbourhood Centre
 - Big Fat Smile
 - BreastScreen NSW
 - Bulli PCYC
 - Bushwalk the 'Gong
 - CareWays Community
 - Circus Monoxide
 - CityServe
 - Communities For Children Shellharbour
 - Curijo
 - Darcy House
 - Darkes Cider - Glenberry Orchard
 - Department of Social Services
 - Early Start, UOW
 - Fair Food Forager
 - Family Planning NSW
 - Farmer by Choice
 - First Step Program
 - Flourish Australia
 - Frasers Property Australia
 - Grand Pacific Health
 - Green Connect
 - Headspace
 - Health Care Interpreter Services (HCIS)
 - Hidden Harvest
 - HIV and Related Programs (HARP) Unit
 - Illawarra Area Health Warilla Dental Practice
 - Illawarra Koori Men's Shed
 - Illawarra Multicultural Services (IMS)
 - Illawarra Multicultural Youth Network
 - Illawarra Shoalhaven Local Health District (ISLHD)
 - Illawarra Women's Health Centre
 - Kiama Community College
 - Kiama Municipal Council
 - KidsFest Shellharbour
 - Kind Art Ed
 - Lake Illawarra High School
 - Lake Illawarra PCYC
 - Mt Keira Scout Camp
 - Mt Warrigal Public School
 - Multicultural Health Service
 - Multicultural Communities Council of Illawarra (MCCI)
 - Multicultural HIV & Hepatitis Service
 - Neami National - Wollongong
 - NSW Ambulance - Illawarra
 - NSW Department of Family and Community Services
 - NSW Environment Protection Authority (EPA)
 - NSW Ministry of Health
 - NSW Sexually Transmissible Infections Programs Unit
 - Parkside Centre - Albion Park High School
 - Play Safe
 - Popes Produce
 - Port Kembla Youth Project
 - Queen Street Bakery
 - Quicksand books
 - Right to Food
 - Sexual Health Service
 - Shellharbour Council
 - Shellharbour Youth Services
 - Shin Investments
 - Shoalhaven City Council
 - Strategic Community Assistance to Refugee Families (SCARF)
 - The Heart Foundation
 - The Illawarra Hawks
 - The Source
 - The University of Sydney
 - Unanderra Community Centre
 - UniLife, UOW
 - University of Wollongong (UOW)
 - UOW Business School
 - UOW Creative Arts Faculty (Graphic Design)
 - UOW Wellbeing
 - Warilla North Public School
 - Warilla Public School
 - Warrawong Intensive Language Centre
 - WHO Active living
 - Wollongong Diagnostics
 - Wollongong City Council
 - Wollongong Women's Centre
 - Wollongong Youth Centre
 - Yfoundations
- Healthy Cities Illawarra Inc.
Healthy People Illawarra Inc.**
- Ground Floor 6 - 10 Princes Highway
Fairy Meadow NSW 2519
PO Box 607**
- Phone: 02 4283 8111
Email: mail@healthyillawarra.org.au
www.healthyillawarra.org.au**