

A scenic view of a beach at sunset. The sky is a mix of orange, yellow, and light blue. Waves are breaking on the left side of the frame. In the foreground, a child is sitting on a grassy dune, looking towards the camera. Several seagulls are flying in the sky and on the grass. In the background, there are buildings and trees along the coastline. The overall atmosphere is peaceful and vibrant.

Healthy **Cities.** Healthy **People.**

Annual Report | Highlights 2019-2020



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Our CEO.



Kelly Andrews

Chief Executive Officer

2019-20 pales into insignificance as we contextualise what has happened on our planet in this timeframe. The seemingly unrelenting momentum of human endeavours and life as we knew it was questioned by so many of us during the drought and summer bushfires - the thick smoke, dark daylight hours, devastating loss of land, wildlife and human life and the contagious angst throughout our communities. It felt apocalyptic and there was a sense that, when we recover, we need to recover in a new way respectful of the natural environment which sustains us, and of the humankind which unites us.

Then, the COVID-19 pandemic brought circumstances to our lives which we had only read about in history books. It has been a tumultuous year for everyone and several of our community programs were unable to continue for some months, others pivoted online and others such as in the area of Food Security saw unprecedented demand. However, you will see in our highlights section, our team still dedicated their efforts to supporting our most vulnerable, and are able to be proud of their achievements this year; I would like to thank and acknowledge all of the staff at Healthy Cities/Healthy People for their resilience, tenacity and professionalism they bring to their roles each day, but particularly 2019-20.

If climate change, community connection and health – wholistic health of both people and planet didn't seem important or economically viable before now, think again. We have one place to live, and if COVID-19 has highlighted one thing, it is that our actions do not exist in a vacuum. There are so many things we can do to support one another, prevent disease, reduce emissions, reduce waste and support a healthy sustainable future – Healthy Cities Illawarra will continue to work towards this in 2020-21 and I am proud to be a part of it.

Our Presidents.

Sandra McCarthy OAM & Mayor Marianne Saliba

President, Healthy Cities Illawarra | President, Healthy People Illawarra



It gives us great pride to present the Annual Report for our sister organisations, Healthy Cities Illawarra and Healthy People Illawarra in what was one of the most challenging year anyone of us have lived through, the COVID-19 pandemic.

The pandemic really highlighted the importance of caring for each other in our communities and maintaining social connections as a way to try and manage mental health concerns. We saw fear and anxiety about the virus itself, increased stress and anxiety re financial or job-related matters, increased smoking and/or drinking to cope with stress and boredom, loneliness, social isolation, increases in domestic violence and women seeking help for first time.

The pandemic also exposed the issue of food insecurity in an unprecedented way. Food Fairness Illawarra rapidly responded, updating free and low-cost meal directories, coordinating food donations and food rescue, culminating in some permanent services to the Illawarra. With restaurants closed and more people at home, we saw renewed interest in locally grown food, community gardens and cooking. Our congratulations to the Cook Chill Chat program which pivoted so uniquely and created an online community via Facebook and conducted weekly 'cook-a-longs' and a private platform for ongoing social and educational engagement.

Whilst some of our community programs could not run during the lockdown period and within new community restrictions, staff have still been able to deliver some dedicated and positive outcomes for our communities. A new Strategic and Business Plan for 2020-24 was launched, as was our first Reconciliation Action Plan lodged with Reconciliation Australia.

Perhaps one of the most colourful and positive achievements was that of a refreshed new logo, branding, website and social media channels. The impact of this on how we deliver our key messages and engage with our communities is not to be underestimated, and it is exciting to see the organisation's profile grow.

Finally, we would like to thank the Board and the staff for their hard work and commitment, and particularly Jemma Lemmon who stepped down from her role this year for her service to the HCI and HPI Boards.



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.**

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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

Our Strategic Plan 2020-2024.

Vision:



We support and promote community programs and actions, which are conducive to good health and wellbeing through the prevention and control of disease in human beings. We work for the communities of the Illawarra and Shoalhaven to foster social connection, inclusion and empower behaviours, to reduce the impact of disease for generations to come.

Values:

Integrity

We develop evidence-based programs, which work to prevent and control chronic ill-health and disease in humans. We adhere to the principles of the WHO Healthy Cities Movement.

Equity

We participate in the development of public policy to effect change for population health outcomes. We aim to reduce inequity by building capacity. We recognise the diverse needs of our communities.

Collaboration

We partner with government and private organisations as well as grass roots community groups to prevent and control ill-health and disease in humans.

Inclusivity

We aim to foster social connection and inclusion. We are active members of the WHO Alliance for Healthy Cities.



Priority Areas:

Prevention and Control of Chronic Disease

- Increase Physical Activity
- Improve Nutrition
- Contribute to Closing the Gap in Aboriginal and Torres Strait Islander communities
- Contribute to emotional and social wellbeing (mental health prevention strategies)
- Address other lifestyle and biomedical risk factors

Participation

- Increase social participation
- Increase community connectedness
- Increase environmental action

Sustainability

- Increase awareness of 'sustainable' practices for everyday life
- Contribute to the evidence base of the UN SDGs in practice through Research and Evaluation

Partnerships

- Increase our engagement and impact
- Monitor and measure the effectiveness of our partnerships



Our New Look.



2019-20 saw the unveiling of our new Healthy Cities Illawarra brand, logo and website.

Our previous logo had not evolved far since our organisation's inception 33 years ago and it was time to improve our brand for today's world. It was important to keep the 'escarpment' and 'people' elements; a subtle gesture to the past, however our decision to broaden the colour palette reflected our multifaceted organisation and community.

Our design goal was to better match how we look to our mission, values and the environment and people we serve, as well as creating an overarching voice to unify our programs and strategic direction. A small team worked to find something that appeared simple, approachable, smart, friendly, connected, modern and yet trusted.

Our new logo represents people and environment: three figures holding hands representing community, connection and belonging. The figures are also a nod to the Illawarra and Shoalhaven escarpment of mountains meeting the sea.

Healthy Cities. Healthy People.

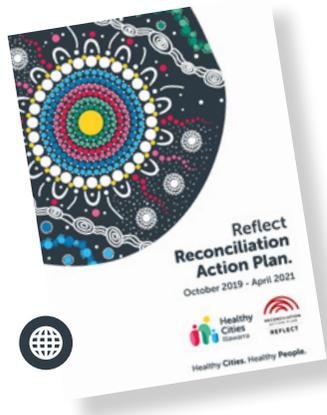


From launching our new logo and brand, next came our refreshed Healthy Cities Illawarra website. Our aim was to make the new website modern, faster, easier to navigate, and more user-friendly. We wanted the website to not only be informative about our programs and partners, but also a great tool for resources and engagement, with easy downloads and opportunity for the community to share their like-minded events. View our new website [here](#).

Overall, it has been an extremely satisfying year in the Healthy Cities Illawarra brand space. We had a vision, and we achieved that vision with a great deal of effort and hard work over 12 months. A big thank you to our website designer Josh Beard for his patience, ideas, skills and being so great to work with on such a big project – all over Zoom! Special thanks also to our website copywriter and navigator, Danika Hall.



Our RAP.



During Reconciliation Week, we launched our Reflect Reconciliation Action Plan (RAP), as endorsed by Reconciliation Australia. This important and strategic document provides a framework for our organisation to contribute to the healing and recognition of the Dharawal and Yuin people of the Illawarra and Shoalhaven, and all the big and small steps we can all take as individuals to help.

Our RAP Artwork.

“Cultural Connection to Healthy Cities”
Artist: Lani Balzan

“With the sun shining down on to our community and our country; the Mountains, the Earth and the Sea it provides positive energy to all things that live.

This painting represents this connection, the Sun as the centrepiece with the Mountains in green, the Earth in red and the Sea in blue and the communities located on them all forming into one connection; a gathering symbol.

The colours also represent the multiple areas of the Healthy Cities Organisation.

The white dotted symbols represent these areas promoting healthy living for all on that are connected.

The white lines above the gathering symbol represent the journey one must take across the Land and Sea to visit Healthy Cities.” - Lani Balzan

Painted on Canvas by Lani Balzan.



Our Volunteers.



Throughout 2019-20, Healthy Cities Illawarra benefitted from 53 volunteers who collectively accrued 2420 volunteer hours.

Volunteer Case Study: Chloe, Active In-Betweens

What role do you play?

I volunteer for the Healthy Cities Active In-Betweens “Bellza” program at Bellambi Neighbourhood Centre. I would say my role is to ensure Bellza is a fun, safe and supportive space that kids want to return to and engage in each week.

What do you enjoy about volunteering with us?

I love volunteering for the Active In-Betweens program as it is amazing to see the program having a direct impact on the kids in the community. It’s awesome to see how much joy the kids get out of the planned activities and their connection with the program facilitators. I also find it very rewarding, knowing I am helping give back to the community, all the while having fun! I love getting to engage with the kids through the different activities and sports and seeing their faces return each week for more fun.

What has been your favourite moment with the program?

It is really hard to single out one moment, but I would have to say just seeing the kids choosing to return each week and seeing them actively engage with us and each other through all of the different activities!



Our Program Highlights.

Stir it Up!

Healthy Cities Illawarra continues to coordinate the Stir it up! project in partnership with 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.

11 requests for Stir it up! activities were received and completed (2 cooking classes, 7 cooking demonstrations and 2 talks around healthy eating).

Approximately 390 community members have attended a Stir it up! activity.



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.

Healthy Water Project



With thanks to Shin Investments, Healthy Cities Illawarra purchased a transportable water station as part of our commitment to abolish plastic waste.

The unit is available for hire for our community and their like-minded 'healthy' events - find out more [here](#)



TALK - Trust (through) Activity Learning & Konnection

Major Achievement - We were proud to receive 'Promising Program' status for both PlayPod and Tweens from the Australian Institute for Family Studies (AIFS) Expert Panel!

TALK is a suite of programs funded by Communities for Children Shellharbour It is delivered in the Shellharbour local government area in collaboration with Barrack Heights Public School, Warilla North Public School, Albion Park Rail Public School, Albion Park High School and Mt Warrigal Public School and focuses on increasing children's emotional awareness and emotional regulation, problem solving, positive communication and community connection.

Seasons for Growth – 9 face to face, 5 via Zoom due to COVID-19
Drumbeat – 8 face to face, 2 via Zoom due to COVID-19

Nikke Gladwin and Aaron Newton did a great job of pivoting during the COVID-19 lockdown; PlayPod, BookClub, Young Leaders and Tweens projects were kept alive by delivering Resource Packs to children's homes to support ongoing engagement and activities via Zoom at home. Cooking, reading stories, active challenges were all part of supporting children through pandemic related changes.



Active In-Betweens

Active In-Betweens is a healthy lifestyle and resilience program for 9-12-year-old children in **Bellambi (Bellza), Warrawong (Bundy) and Horsley (HOK)**.

The program emphasises the importance of physical activity and healthy eating whilst also incorporating opportunities for building social connections and personal growth.

Activities included this year:

- Circus Skills
- Oral health- sugar sweet and beverages
- Community Safety
- Hygiene & cleanliness
- Creative arts/self-expression
- Cultural cooking classes
- Try-a-sport: cricket, tennis
- Fishing
- Fire safety and knowledge

Community Connections

Fisheries NSW (Fishcare Volunteers), NSW Fire and Rescue, Illawarra Hawks, Local artists.



878
Engagements
74
Sessions



Cook Chill Chat COVID-19 Delivery Response

Working from home took a new meaning this year and a virtual Facebook group, Cook Chill Chat Community Group, was developed in response to COVID-19. Online 'Cook-a-long' cooking classes were live streamed, from our Health Promotion Officer, Helen's own kitchen during this time. The group has **129** members.

"Fire safety is important for everyone to take it seriously"

- Demi, Age 10
Bundy Participant



Cook Chill Chat



Funded by the Department of Social Services, Cook Chill Chat is an 8-week food education and cooking program that builds fundamental life skills in planning and preparing healthy meals. It also provides a space where social connections are fostered between participants.

Over the past year, Cook Chill Chat was delivered across the Illawarra-Shoalhaven with partners in Warilla, Albion Park Rail, Berkeley, Warrawong, West Wollongong, Mount Warrigal and Nowra.

- **143** community members have participated in Cook Chill Chat was delivered in Nowra for the first time.
- **68%** have increased their knowledge in nutrition and cooking skills.
- **68%** have increased their vegetable intake.
- **36%** of those who were not meeting recommended serves of fruit, have increased their fruit intake.
- **67%** felt connected to their community.

"I enjoyed and learnt so much and made some good friends"



Our Partner Highlights.

“We work in partnership to deliver meaningful health and wellbeing outcomes for our community.”

- Kelly Andrews, CEO

Illawarra CALD Local Drug Action Team

Funded by the Australian Drug Foundation, the Illawarra Culturally and Linguistically Diverse (CALD) Local Drug Action Team (LDAT) is a collaboration between Illawarra Shoalhaven Local Health District and a range of over 20 other community services or members, who work in partnership to reduce drug and alcohol related harm specifically for CALD and refugee groups.

Whilst some projects were halted due to COVID19, we are proud to report that our major project, the development and translation of film resources, “where can people from cultural backgrounds find help when alcohol or drugs are a problem?”, won 3 major awards including:



ISLHD Quality and Innovation Awards 2020



NSW Health and Innovation Awards 2020 (Transforming Patient Experience category)



Agency for Clinical Innovation Award 2020 (NSW Award)

We have had resources for carers and families of a loved one with dependency developed and translated into 7 languages. These are currently being graphically designed. They are expected to be available in print and as an online resource early 2021. We also concluded a Hepatitis B&C harm minimisation project with CALD communities which increased awareness of the prevalence of Hep B and C in multicultural communities and promoted opportunities and accurate information around testing and treatment to improve long term health and wellbeing.

We partner with Western Sydney LHD to review and have radio scripts translated and recorded in 5 languages - Swahili, Dinka, Arabic and French re use of alcohol in the community and the impact Covid has had on the use of D&A. See more [here](#)



The Caddyshack Sexual Health & Relationships Kit
View more [here](#)



50,000+
Campaign Resources Distributed

Caddyshack Project

We worked closely with Illawarra Shoalhaven Local Health District’s HIV and Related Projects (HARP) team to plan, develop and implement innovative sexual health education programs and Sexually Transmitted Infection (STI) and HIV prevention initiatives.

- 10 Community Engagement Events.
- 9 professional health education sessions delivered.



caddyshack
share affection, not infection

Hidden Harvest



Hidden Harvest brings our community to the table to connect over a plate of saved food, and provide them with the tools and forks to tackle food waste and serve up a sustainable food future.

We frame food waste as an exciting opportunity to learn new and tasty ways to create positive impacts, to keep our community coming back for seconds.

Hidden harvest has had an action-packed year. We've turned 5 years old, found our feet in the online sphere through virtual workshops, launching our website and blog, and cultivating our HH Community page, and begun work on a sustainable revenue stream through an almost entirely food-waste Toasties product.

We have used 2020 to strengthen our team, processes and vision for our future as an organisation, and we could not be more excited for 2021.

- **19.3K** people reached through our social media platforms.
- **768** people joined the food waste conversation in our new HH Community.
- **981** food waste toasties created with love and sold on to our hospitality community.



7103
Community members learned tips and tricks through...

21
virtual cooking videos

HIDDEN HARVEST



1024
FFI Members =
28% increase
from 2018-19



Food Fairness Illawarra

Food Fairness Illawarra (FFI) is a community coalition that has worked together since 2005 with the vision to make healthy and sustainable food affordable and accessible for all.



Highlights this year:

- Brought together **130** people to connect at community networking event "Connecting over Fair Food".
- Developed "Illawarra's Guide to Sustainable & Healthy Events" in collaboration with Healthy Cities Illawarra.
- Developed "Illawarra's Guide to Seasonal Eating".
- Secured EPA Food Education Donation Grant to develop Illawarra's guide to food donations.
- Increased social media following to **1145** likes, **26% increase** from 2018-19.
- Provided **9** UOW interns were with development opportunities.



Healthy Cities Illawarra Incorporated

Statement of Financial Position as at 30 June 2020

CURRENT ASSETS	2020	2019
Bank Cheque Accounts & Term Deposits	\$ 351,804.00	\$ 368,154.00
Receivables	\$ 11,000.00	\$ 3,300.00
GST Receivables	\$ 2,825.00	\$ 14,154.00
TOTAL CURRENT ASSETS	\$ 367,649.00	\$ 387,627.00
NON CURRENT ASSETS	2020	2019
Plant & Equipment	\$ 10,646.00	\$ 14,276.00
TOTAL NON CURRENT ASSETS	\$ 10,646.00	\$ 14,276.00
TOTAL ASSETS	\$ 378,295.00	\$ 401,903.00
CURRENT LIABILITIES	2020	2019
Creditors	\$ 176,955.00	\$ 180,103.00
Unexpended Grants & Grants in Advance	\$ 52,109.00	\$ 50,846.00
Provisions	\$ 16,474.00	\$ 11,606.00
TOTAL LIABILITIES	\$ 245,538.00	\$ 242,555.00
NET ASSETS	\$ 132,757.00	\$ 159,348.00

Statement of Income & Expenditure for the Year ended 30 June 2020

INCOME	2020	2019
Grants Received	\$ 527,983.00	\$ 499,658.00
Grants Unexpended Carried Forward	\$ 50,845.00	\$ 58,107.00
Membership Fees, Training Income	\$ 6,091.00	\$ 30.00
Interest & Miscellaneous	\$ 72,251.00	\$ 52,341.00
TOTAL INCOME	\$ 657,170.00	\$ 610,136.00
EXPENDITURE	2020	2019
Employee Costs	\$ 196,676.00	\$ 184,052.00
Program Costs	\$ 63,544.00	\$ 45,151.00
Administration & Sundries	\$ 371,434.00	\$ 345,469.00
TOTAL EXPENDITURE	\$ 631,654.00	\$ 574,672.00
Excess of Income over Expenditure	\$ 25,516.00	\$ 35,464.00
Amounts Transferred to Unexpended Grants	\$ 52,108.00	\$ 50,845.00
Net Surplus/(Deficiency) of Income for the Year	-\$ 26,592.00	-\$ 15,381.00

Healthy People Illawarra Incorporated

Statement of Financial Position as at 30 June 2020

CURRENT ASSETS	2020	2019
Bank Cheque Accounts & Term Deposits	\$ 334,592.00	\$ 183,270.00
Receivables	\$ 165,519.00	\$ 162,574.00
TOTAL CURRENT ASSETS	\$ 502,131.00	\$ 347,863.00
NON CURRENT ASSETS	2020	2019
TOTAL NON CURRENT ASSETS	\$ -	\$ -
TOTAL ASSETS	\$ 502,131.00	\$ 347,863.00
CURRENT LIABILITIES	2020	2019
Creditors	\$ 8,165.00	\$ 13,177.00
Unexpended Grants & Grants in Advance	\$ 174,429.00	\$ 86,947.00
Net GST	\$ 15,507.00	\$ 14,695.00
Provisions	\$ 23,656.00	\$ 19,664.00
TOTAL LIABILITIES	\$ 221,757.00	\$ 134,483.00
NET ASSETS	\$ 280,374.00	\$ 213,380.00

Statement of Income & Expenditure for the Year ended 30 June 2020

INCOME	2020	2019
Grants Received	\$ 512,363.00	\$ 416,507.00
Grants Unexpended Carried Forward	\$ 67,970.00	\$ 95,137.00
Membership Fees, Training Income	\$ -	\$ -
Interest & Miscellaneous	\$ 150,293.00	\$ 133,020.00
TOTAL INCOME	\$ 730,626.00	\$ 644,664.00
EXPENDITURE	2020	2019
Employee Costs	\$ 320,677.00	\$ 335,571.00
Program Costs	\$ 60,461.00	\$ 58,988.00
Administration & Sundries	\$ 128,587.00	\$ 160,779.00
TOTAL EXPENDITURE	\$ 509,725.00	\$ 555,338.00
Excess of Income over Expenditure	\$ 220,901.00	\$ 89,326.00
Amounts Transferred to Unexpended Grants	\$ 153,912.00	\$ 67,970.00
Net Surplus/(Deficiency) of Income for the Year	\$ 66,989.00	\$ 21,356.00