

Healthy Cities Illawarra

Annual Report

2022 - 2023



Healthy
Cities
Illawarra

Healthy Cities. Healthy People.

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About Us.

- Established in 1987, we are 36 years young.
- We are a health promotion charity registered with the Australian Charities and Not for Profit Commission.
- We are an incorporated association administered by NSW Fair Trading.
- We have deductible gift recipient status (DGR) with the Australian Taxation Office.
- We are members of the Alliance for Healthy Cities and subscribe to the framework of Healthy Cities initiated by the World Health Organisation, that is, that the social, economic and physical environment is the key to the health and wellbeing of our citizens.

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



Healthy Cities Illawarra warmly welcomes everyone, irrespective of their ethnicity, faith, sexual orientation or gender identity. We are committed to eliminating all forms of discrimination.



Click to open links when you see these icons





CEO & Chairs Report.

A message from Catherine Moyle, Chair & Kelly Andrews, CEO

We are pleased to present the Annual Report for Healthy Cities Illawarra (HCI) 2022-23. We've been busy this past year as we've focused on transforming the governance of HCI to align with the dynamics of a complex world. This transformative journey has centred around updating our aging constitution and reshaping our Board composition to focus on the skills needed to see us into the future. This has been a significant change in the organisation's history and we would like to express our gratitude to our outgoing Board members and their respective organisations (namely Wollongong, Shellharbour, Kiama and Shoalhaven council's elected representatives) for their invaluable contributions over many years. The legacy of previous governance that has led HCI through decades of success and provides the foundations on which we build.

Change management is a complex process and we are proud of our ability as an organisation to preserve our core values while embracing the change required to take HCI into the future. We are excited about the different sort of challenges and opportunities this brings and are grateful for the unwavering commitment of HCI members and staff to these values, our vision, and most importantly, the wellbeing of our communities.

Throughout the year HCI has continued our public health advocacy and been a voice for community collaboration.

We have:

- Written and delivered **6** submissions to various public policy plans or initiatives
- Had **18** media engagements on radio, television and print media
- Organised and/or attended **45** community events
- Contributed to NSW state election advocacy efforts for preventative health investment

This latter point is, of course, a strong thread in the HCI narrative. How do we become more salient in preventing things so they might not happen?

The gift of preventing chronic diseases is a precious boon to individuals, communities, and society as a whole. Chronic diseases, such as heart disease, diabetes, and cancer, are pervasive and costly, both in terms of human suffering and economic burden. Preventing these conditions not only saves lives but also leads to a healthier and more vibrant community.

Prevention is undoubtedly more cost-effective than treatment. The old adage, "an ounce of prevention is worth a pound of cure," rings true when considering the economic implications. Preventing chronic diseases reduces the need for expensive medical treatments, hospitalizations, and medications. It lightens the financial burden on individuals and their families, but also on healthcare systems and governments. >>

38% of illness, disease and early deaths **can be prevented.**

80% of an individual's health is caused by factors outside of the health care system – i.e: **the communities where we live, work and play.**

Disease prevention reduces the cost of ambulances, emergency and hospital admissions, **returning \$14 for every \$1 invested.**

Without intervention, the costs will increase – **by billions.**

Without intervention, more people, families and communities **will suffer.**

A healthy community fosters prosperity. Preventing chronic diseases means a more productive workforce, reduced absenteeism, and higher overall quality of life. It paves the way for stronger economic growth, as resources can be allocated more efficiently, and businesses benefit from a healthier, more engaged workforce.

Moreover, preventative approaches transcend mere dollars and cents. It grants people the freedom to pursue their dreams, enjoy life, and be active participants in their communities. It is a gift of longevity, well-being, and happiness, creating a ripple effect that extends far beyond the individual. As we invest in prevention, we not only secure a healthier future but also build stronger, more prosperous communities.

We have been acknowledged for our collective efforts in striving to achieve this. Our staff have been invited to sit on expert panels, provide lectures, speeches and presentations to student and community groups, contribute to research, provide media comment and contribute to many of our region's important planning strategies in areas such as child safe practices, active transport, food insecurity and behaviour change programs.

Our achievements would not have been possible without our exceptional team. We express our heartfelt gratitude to our staff and volunteers for their hard work, dedication, and adaptability, which have been instrumental in our ability to deliver community outcomes.

We extend our appreciation to our partners, and stakeholders for their ongoing support, and to our funders below; together, we will continue to build a better, healthier and more sustainable future:

- NSW Ministry of Health
- Illawarra Shoalhaven Local Health District
- NSW Environmental Protection Authority (EPA)
- Dep of Social Services – Communities for Children
- Dapto Leagues Club
- Transport for NSW – Community Road Safety
- NSW Dep of Sport
- Coordinare – Southeastern NSW Primary Health Network

As we move into another tough fiscal year, we remain cautiously optimistic, knowing that challenges persist. But we are well-prepared and confident that our resilient spirit and unwavering commitment to our vision will guide us towards strength and growth.



Catherin Moyle



Kelly Andrews



What is a Healthy City?

Healthy cities are simply places that are committed to better health and wellbeing outcomes – AND – they have systems and processes to achieve them. Healthy Cities Illawarra is an independent, not for profit health promotion organisation dedicated to partnering with residents, local government, schools & universities, other community organisations and the business sector for the pursuit of improved health and wellbeing throughout Wollongong, Shellharbour, Kiama and the Shoalhaven. One organisation can't do everything all of the time, but therein lies the beauty of regional and inter-sectoral partnerships, where we can support and challenge one another, and always strive for improvement.

Key characteristics of a healthy city include:

- 1. Access to Healthcare:** A healthy city ensures that residents have access to affordable, high-quality healthcare services, including hospitals, clinics, and preventive care.
- 2. Physical Activity:** These cities encourage physical activity through amenities like parks, recreation areas, and pedestrian-friendly streets, making it easy for residents to stay active.
- 3. Clean Environment:** Clean air, water, and green spaces are essential for good health. Healthy cities prioritize environmental sustainability and reducing pollution.
- 4. Safe Neighbourhoods:** Low crime rates and well-patrolled neighbourhoods create a sense of safety, which is vital for residents' mental and physical well-being.
- 5. Social Inclusion and Equity:** Healthy cities value diversity and promote social inclusion, working to reduce health disparities among different communities and socioeconomic groups.
- 6. Access to Nutritious Food:** Residents have access to fresh, healthy, and affordable food, reducing food deserts and promoting good dietary choices.
- 7. Education and Literacy:** Access to quality education and lifelong learning opportunities is essential for personal and community development.
- 8. Mental Health Services:** Accessible mental health services and initiatives to reduce stigma around mental health issues contribute to the overall well-being of residents.
- 9. Community Engagement:** A healthy city encourages citizen engagement in decision-making processes, ensuring that community voices are heard.
- 10. Safety Nets:** These cities provide support systems to help individuals and families in times of need, including services for the homeless, domestic violence support, and addiction recovery programs.
- 11. Active Transportation:** Promoting walking, cycling, and public transportation reduces dependence on cars, lowers air pollution, and encourages physical activity.
- 12. Sustainability:** Sustainability practices, such as waste reduction, energy efficiency, and green building standards, contribute to long-term health by reducing environmental harm.
- 13. Emergency Preparedness:** Adequate emergency response and disaster preparedness plans are in place to protect residents during crises.

The year in review.



20 Staff



633 Participants

72 New Volunteers
143 Active Volunteers



53 Community Programs

1563 Program Delivery Hours

Illawarra Women's Day of Dance + Culture, grows!



"My experience as a volunteer, has been extremely positive. The program I'm involved in is something I look forward to participating in every week. My experiences through the program have allowed me to connect and learn from other volunteers and staff, building my career skills"

- Natasha - Active In-Betweens Volunteer



Our Volunteers.

Volunteers play a pivotal role at Healthy Cities Illawarra, particularly when staff and funding resources are limited. Throughout the year, our dedicated volunteers have been the lifeline of our organisation, helping us to continue to deliver a variety of community programs despite budget constraints.

Our volunteers collectively contributed over **6,137** hours of volunteering across our programs such as Active In-Betweens, The Dinner Table Project, Cook Chill Chat, 5x5, Active Transport advocacy and much more. Our volunteers enable us to operate efficiently and effectively and have dedicated their time to creating a stronger, more resilient community where individuals and families can thrive.

Thank you to all our volunteers, your commitment demonstrates the spirit of community and the power of collective action in addressing the health and social challenges faced by the region.

Volunteers: 143

72 volunteers have been onboarded since July 2022 taking the total number of HCI volunteers on boarded to **143**.

Hours Volunteered: 6,137 representing \$214,795*

Our volunteers have collectively contributed over **6,137** hours of volunteering over the past financial year.

*Value based on \$35p/h

20+ events attended

Our volunteers have assisted at over **20** different events across the year.



“Healthy Cities Illawarra serves as a ‘glue’ to bring organisations together to join forces and work in collaboration for common issues”

Food Fairness Illawarra

Coordinated by Healthy Cities Illawarra; Illawarra Shoalhaven Local Health District, University of Wollongong, Wollongong City Council, Shellharbour City Council, Kiama Municipal Council, Food Fairness Illawarra (FFI) is a community coalition over **75** organisations, **26** individuals and **1542** subscribers, dedicated to fostering a diverse and committed network that includes:

- Nutrition Society Australia
- Australian Household Food Security Coalition
- Right to Food Australia
- OzHarvest
- Second Bite
- Foodbank NSW
- Baptist Care
- NSW EPA
- Anglicare
- Vinnies
- Careways
- Unanderra Community Centre
- Bellambi Neighbourhood Centre
- Bulli Community Centre
- Warrawong Community Centre
- Westley Community Centre
- Southern Youth and Family Services
- Lighthouse Church
- Wollongong Salvos
- Need a Feed
- Pulse Pantry, UOW
- Green Connect
- Neami National
- NSW Botanic Gardens
- Popes Produce
- A Garden For Life
- South Coast Kimchi Co
- Darkes Cider
- Flame Three Community Coop
- Permaculture Visions
- Food Talks Illawarra
- Food Care
- ...and many more!

FFI is guided by the six dimensions of food security:

- 1. Availability:** There must be enough nutritious food available to satisfy dietary needs of all people.
- 2. Access:** Individuals and households must be able to acquire sufficient food to be able to eat a healthy, nutritious diet OR, access to adequate resources to grow their food.
- 3. Utilisation:** People must be able to properly prepare and eat diverse foods to meet their nutritional needs.
- 4. Stability:** The ability to ensure a food system, household, and individual remain food secure i.e – not hungry - in the event of unexpected events e.g: a pandemic or a natural disaster.
- 5. Agency:** The capacity for individuals and groups to decide what foods they eat in addition to choose over how their food is grown, harvested, distributed, and prepared.
- 6. Sustainability:** When food systems can achieve and provide all aspects of food security now, and for future generations even with environmental, economic, or social disruption.

Programs and activities we have supported this year include:

- Annual ‘Connecting Over Fair Food’ event
- Wollongong Online Farmers Market
- Updating and reprinting the [Low cost and Free Meal Directory](#)

- Regional Food Rescue & Relief Networking event
- Vote for food Scorecard, election campaign





Local Community Drug Action Teams

The Local Community Drug Action Teams comprise of a network of 19 organisations dedicated to the primary prevention of drug and alcohol misuse.

- Illawarra Shoalhaven Local Health District (Chair)
- Healthy Cities Illawarra (Auspice)
- Lives Lived Well
- Flourish Australia
- Barnardos
- Southern Youth and Family Services
- Careways
- University of NSW
- Headspace
- Multicultural Communities of the Illawarra
- COORDINARE - South Eastern NSW PHN
- Warrawang Community Centre
- ACON (previously AIDS Council of NSW)
- Mission Australia
- NSW Police, Wollongong, Lake Illawarra
- Community Restorative Centre
- Wollongong City Council (Youth Services)
- Stride Mental health
- BaptistCare Hope St

Primary prevention means to intercept harm and addiction before it happens, and we do this by understanding the risks and protective factors in our communities. Risk factors are things that increase the chances of negative outcomes such as family dysfunction and intergenerational poverty. Protective factors are things that can reduce the risk such as education, sport and other community building activities.

Programs we have supported this year include:

- Fit for Life program run by PCYC in Bulli, North Wollongong and Oak Flats for 10-17 year olds
- Active In-Betweens run by HCI in Bundaleer for 8-12 year olds
- BOOST program run by Australian Community Support Organisation (ASCO) for 14-17 year olds who have been issued an apprehended violence order (AVO)



Illawarra Shoalhaven Active Transport Taskforce

The Illawarra Shoalhaven Active Transport Taskforce (ISATT) is a network of 19 organisations and 6 passionate individuals dedicated to improving urban environments which encourage and support active transport for all citizens.

- Healthy Cities Illawarra (Chair & Auspice)
- Illawarra Shoalhaven Local Health District
- Illawarra Cycle Club
- UOW Cycle Club
- Illawarra Bicycle Users Group
- Shoalhaven Bicycle Users Group
- Ride Nation
- Transport for NSW
- University of Wollongong
- Wollongong City Council
- Shellharbour City Council
- Kiama Municipal Council
- Shoalhaven Council
- The Disability Trust
- IgKnight
- Safe Streets to School
- 30please
- Micromobility Report
- Destination Wollongong

Active transport is about creating cities and towns which encourage and support people travelling by active means. This could be walking, cycling, rollerblading, etc. Active transport is a vital ingredient in creating healthy, sustainable and equitable cities and has a key role to play in **i)** reducing chronic disease due to increasing physical activity **ii)** reducing traffic congestion and improving the efficiency of transport systems, **iii)** reducing air and noise pollution as well as reducing greenhouse emissions, **iv)** improving productivity, **v)** strengthening social connections, **vi)** reducing road trauma, and **vii)** creating a more equitable and inclusive transport system.

Programs and activities we have supported this year include:

- Auditing the NSW Coastline Cycleway
- Workplace active travel programs
- Making it safer for children to walk and ride to school



Active In-Betweens

Active In-Betweens is a place-based, trauma-informed after school program for children aged 8-12. The pre-teen age group experiences rapid physical, social and cognitive development and is a time where many patterns of behaviour are established which can affect their health outcomes. It is also a significant time of transition – to high school and adolescence.

Active In-Betweens provides opportunities for children to:

- Eat and learn about healthy food
- Play actively in the outdoors and try different sports and activities
- Connect positively with peers and supportive trauma informed adults
- Learn about interpersonal behaviors that contribute to health and positive self-esteem
- Engage with positive social and neighbourhood connection opportunities

Our sites at Bellambi, Bundaleer and Horsley continued to thrive, and this year we are grateful for additional funding from Barnardos Community for Children to provide the program at two locations within the Shellharbour LGA (currently Warilla Neighbourhood Centre and Albion Park Rail Community Centre).

Active In-Betweens supported **172** children including:

- Girls **47.7%** | Boys **52.3%**
- Aboriginal or Torres Strait Islander **26.74%**
- CALD **7%**
- Disabilities / under assessment **14%**





The Dinner Table Project

This year saw the debut of the Dinner Table Project: our fun 6-week cooking program for families with at least one child aged 8+ years old. Adults and kids met from 5-7:30pm to cook healthy home-cooked meals and share dinner together.

The program runs in the Shellharbour LGA and aims to build stronger family units and improve individual health and wellbeing by:

- Building nutritional knowledge, basic food preparation and cooking skills
- Sharing a meal and communicating as a family

We delivered **3** groups this year: at Warilla Neighbourhood Centre, Albion Park Rail Community Centre and BaptistCare Warilla North Community Centre, reaching **15** adults and **26** children.



**The
Dinner
Table
Project.**

Population Health Congress

Kelly Andrews, Dr Jenny Norman (UOW/ISLHD), Manami Henderson and A/Prof Anne-Maree Parrish (UOW) attended this annual conference held by the Public Health Association of Australia in Adelaide 21-23 Sep 2022. HCI programs; Cook Chill Chat, Active In-Betweens and Safe and Active Routes to School were presented to population health colleagues from around Australia.





5x5

This year, after receiving some funding from Coordinare PHN, our 5x5 walking programs were enhanced to include more education around moving and eating to support good mental health.

Around 40 participants took part in multiple walks in Bellambi, Lake Illawarra and Kiama where participants were joined by HCI Ambassador, Brett Connellan.

In addition to our usual 5km walks, we provided additional workshops in the importance of good nutrition and physical movement for good mental health and also partnered with RedPoint Psychology to deliver Accidental Counsellor Training to 24 community members.

View our 5x5 case study videos [here](#).



Wollongong Online Farmer's Market

Wollongong Online Farmer's Market (WOFM) was created in response to the challenges brought about by supply chain logistics brought about by COVID and wanting to support our local producers by offering convenient access to customers (and vice versa).

WOFM was also a way for us to educate and engage the community in the importance of a sustainable local food system amongst the backdrop of the effects of climate change and the need for fresh food that hasn't travelled far and isn't packaged. Unfortunately, we ceased trading in Jan 2023 after 10 months of operation and a lot of fun – we struggled to keep it financially viable – but we tried.

Achievements:

- Supported 39 local food producers
- Engaged 258 individual customers
- Received 1,272 customer orders
- Sold 8,466 products
- Created revenue of \$85,038
- 80% of this went into the local food economy
- 20% of this supported operational costs incurred by HCI/FFI





WE ARE #MORETHANACYCLIST



Supported by



More Than A Cyclist Illawarra

Supported by a grant from Transport for NSW, this campaign aims to make cycling safer, by putting a human face to people who ride bikes, creating empathy for these vulnerable road users. The imagery used of local people who are also 'mothers, brothers, sons, housemates, nurses, students etc' aims to improve the safety of bike users by creating a safer community culture - showing that they are everyday people, doing everyday things, using bikes.

The campaign launched with support from Wollongong City Council and Destination Wollongong who were bestowed with the UCI Bike City label in early 2021 in recognition of our long-term commitment to cycling.





Regional Food Donation Coordinator Pilot Project

In September 2022, the NSW Environment Protection Authority (EPA) engaged HCI to undertake a pilot project to ascertain the value and merit of a Regional Food Donation Coordinator. The RFDC's role was defined as strengthening connections and increasing collaboration across the food rescue and relief sector to increase rescued food donations in the Illawarra region.

In 2021/22, over 2 million Australian households (21%) experienced severe food insecurity, meaning they ran out of food because of financial limitations and, at worst, went entire days without eating. The leading causes for this staggering percentage of food insecurity included increased/high living expenses (64%) and reduced/low income or government benefits (42%), as well as other factors such as a change of household living arrangement (24%) or natural disasters (19%). Meanwhile, in 2020, Australia produced enough food to feed around 75 million people and could have fed our entire population thrice.⁵ Despite this success, there is an estimated \$36.6 billion loss to the Australian economy each year due to food waste.

This project explored the practicality and feasibility of Regional Food Donation Coordinators throughout NSW to broker the link between the food rescue and the food relief sector to increase rescued food donations, thus assisting charities to get food to those who need it AND reduce the amount of emissions from food waste via landfill.

A copy of the full report, it's recommendations and the accompanying Toolkit can be found [here](#)

Related Resources: [Guide to Food Rescue & Relief](#) | [Guide to Donating Food](#) | [Collective Action Plan](#)

Healthy Cities Illawarra Incorporated

Statement of Financial Position as at 30 June 2023

CURRENT ASSETS	2023	2022
Bank Cheque Accounts & Term Deposits	\$ 584,356.00	\$ 904,178.00
Receivables	\$ 34,198.00	\$ 27,340.00
Other Current Assets	\$ 4,356.00	\$ 2,124.00
TOTAL CURRENT ASSETS	\$ 622,910.00	\$ 933,642.00
NON CURRENT ASSETS	2023	2022
Fixed Assets	\$ 12,632.00	\$ 16,914.00
TOTAL NON CURRENT ASSETS	\$ 12,632.00	\$ 16,914.00
TOTAL ASSETS	\$ 635,542.00	\$ 950,556.00
CURRENT LIABILITIES	2023	2022
Creditors	\$ 55,799.00	\$ 79,112.00
Unexpended Grants & Grants in Advance	\$ 155,051.00	\$ 382,364.00
Funds Held in Trust	\$ 58,893.00	\$ 13,468.00
Net GST	\$ 21,352.00	\$ 3,260.00
Provisions	\$ 47,080.00	\$ 50,997.00
TOTAL LIABILITIES	\$ 338,175.00	\$ 529,201.00
NET ASSETS	\$ 297,367.00	\$ 421,355.00

Statement of Income & Expenditure for the Year ended 30 June 2023

INCOME	2023	2022
Grants Received	\$ 638,664.00	\$ 835,293.00
Program Delivery	\$ 102,986.00	\$ -
Grants Unexpended Carried Forward	\$ 382,364.00	\$ 454,855.00
Membership Fees, Training Income	\$ 723.00	\$ -
Membership Fees, Training Income	\$ -	\$ 384,283.00
Interest & Miscellaneous	\$ 119,605.00	\$ 139,058.00
TOTAL INCOME	\$ 1,242,896.00	\$ 1,813,489.00
EXPENDITURE	2023	2022
Employee Costs	\$ 786,196.00	\$ 643,645.00
Program Costs	\$ 70,825.00	\$ 132,131.00
Administration & Sundries	\$ 295,917.00	\$ 381,081.00
TOTAL EXPENDITURE	\$ 1,152,938.00	\$ 1,156,857.00
Surplus/(Deficiency) of Income for the Year	\$ 89,958.00	\$ 656,632.00
Amounts Transferred to Unexpended Grants	\$ 213,945.00	\$ 382,364.00
Net Surplus/(Deficiency) of Income for the Year	\$ 123,987.00	\$ 274,268.00